Dog Training Hand Out Sheets
Valuable Hints and Advice on Training your dog from IDTC
PULLING ON THE LEASH

This problem is one of the most common ones dog owners deal with. It is so unpleasant to be dragged around by your dog, and depending on the size of your dog, can be painful and dangerous. Many owners inadvertently teach this behaviour to their puppies by allowing them to pull from day one. If your pup learns that if he wants to get from one place to another, and pulling you along on his lead works, he is being rewarded for that behaviour, it works for the pup, so he will continue to do so.

Training a dog to walk on a loose lead takes a lot of persistence and consistency on the part of the owner. It is not an easy behaviour to teach, but of course, you can do it if you are committed.

So what do we expect? - To start with he/she can be near you, out in front, or to the side. Lead is loose, and the dog is not pulling.

In the teaching stage you need to forget about actually getting anywhere on your walk for the next week or so. If you try this method while on your normal walks, you probably won’t get to the end of the driveway before you’re ready to give up. Alternatively, if you do training sessions separately, then let your dog pull on the lead while on its normal walk, you’re undoing all your hard work. So while in the training phase you will need to find an alternative way to exercise your dog or perhaps use a “Infin8 Halter” to manage the behaviour.

Tips

1. Start training in your house, where your dog is not interested in going anywhere. At this point he is probably not pulling. Have your dog on a lead, and a flat buckle or Illawarra collar. Reward your dog for walking with the lead loose. Do not tighten the lead at all. Give frequent rewards while moving every two or three steps to start. Make sure your treats are really special, small pieces of cheese, cabanossi or chicken etc. It will be easier for you if you are wearing a treat pouch to hold your treats, thus freeing your hands. Practice this for a few days.

2. Time to go outside and practice in a quiet place without many distractions. Start out by rewarding your dog for the lead being loose, always try to catch your dog doing something right and reward it lavishly and often. At this time your dog might start pulling as you are outside and that is a whole lot more interesting than your home.

3. If the lead becomes taut you are going to STOP WALKING. So when your dog starts to pull, you immediately and abruptly stop and become an immovable object. Wait quietly until your dog realizes his pulling cannot move you. When the dog slackens the lead by coming back near you, or if they turn to look at you (but the lead must be slack, remember) reward with a treat & start walking again. Continue this method with consistency, don’t get frustrated and give up, this takes time.
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![Dog jumping up]

**JUMPING UP**

It is natural for puppies and dogs to want to jump up when they are greeting people because it’s fun and they are excited. This behaviour is often reinforced as people find cute puppies irresistible and shower them with attention when then they jump up.

Remember, jumping up may be cute as a puppy but can be an annoying habit as an adult and dangerous with larger dogs. The best way to teach your dog not to jump is to completely ignore the behaviour. So, when he/she jumps, turn away from your dog, keep your hands by your side and don’t give any attention until his/her four feet are firmly planted on the ground. When this happens, be sure to shower with treats - you must reward for not jumping up.

All members of the house must agree to do the same thing.

Meanwhile, work on your dog’s SIT/ STAY routine using lots of treats as rewards. Your dog can’t jump up if he/she is sitting. Teach your dog that when he/she is sitting, that behaviour will be rewarded with your attention.

Practise with distractions such as the doorbell, offering high value treats (such a cheese or cabanossi). Have a treat jar near the door and ask your visitors to ignore the jumping up until your dog sits and they can give a treat for good manners. In time your dog will learn that the doorbell means a treat in return for a sit.
Some dogs get extremely worked up when visitors ring the doorbell, or when dogs walk by the house. It would be unrealistic & inhumane to try to stop your dog from barking altogether. The goal is to teach dogs to be calm and quiet, but to sound the alarm when intruders enter your property then stop barking when asked.

Find out what may be the cause of the barking, once you know the cause; you can begin to work on a solution. It may be as simple as keeping your dog inside at night, if that's when he barks at Cats, possums or movement in the dark!

Dogs generally bark the most right after their owners leave home for the day. The easiest way to immediately reduce the frequency of barking is to give your dog interesting things to chew such as bones and chew toys like kongs stuffed with food to help keep them occupied for as long as possible.

If you can, do not leave your dog outdoors if he is a Barker. Dogs left outside are exposed to many more disturbances (eg. Cars, people, birds, shadows & Noises) and their barks are more easily heard by the neighbourhood. Leave your dog comfortably inside preferably in a room away from the street with a radio or TV playing to mask outside disturbances.

It is easier to teach your dog to be quiet when he is calm and focused. Therefore, teaching your dog to "Bark" on cue is the first step in "Quiet" training. Ask your dog to Bark/speak & praise your dog profusely when he barks. Then say "Quiet" and give a tasty food treat. Your dog will stop barking as soon as he sniffs the treat because it is impossible to sniff and bark simultaneously.

Praise your dog as he sniffs quietly, and then offer the treat. Repeat this often so your dog understands both to speak and Quiet on cue.

Is your dog’s barking a symptom of separation anxiety? Please read our article on Separation anxiety.
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If short the car by and leaving the dog and way of dog return on. Your safe work...chewing/scratching short increments, by and leave the house, set the alarm but don’t leave for work. Making your return uneventful. In other words return and ignore your dog for a few minutes and then say hello quietly – there is plenty of time for cuddles later on.

Try to vary the way you leave — by different doors, at different times, different clothing & shoes if possible. Pick up the car keys and not leave the house, set the alarm but don’t leave for work. Making your return uneventful. In other words return and ignore your dog for a few minutes and then say hello quietly – there is plenty of time for cuddles later on.

Leave your dog in a safe area with plenty of chew toys, stuffed kongs or a bone to occupy him during your absence. Do not punish your dog for any damage done during your absence. Your dog will not make the connection between the punishment and his destructive behaviour.

If the separation anxiety continues, we recommend that you seek the advice of a professional behaviourist.

Separation anxiety in dogs when they are left alone is manifested in various ways including hysterical barking, chewing, and pacing, inappropriate urination and escape attempts. If your dog has separation anxiety, you need to work hard to fix it. This is best accomplished by a program of desensitization.

The signs of separation anxiety may include the following when left alone: barking or howling, destructive behaviour such as chewing/scratching objects or furniture; inappropriate toileting; self-mutilation or chewing.

Start by leaving your dog for short periods. You may have to begin by only leaving your dog in another room, for a very short period of time. Return to your dog before they start barking/wimpering/...return and ignore your dog for a few minutes and then say hello quietly – there is plenty of time for cuddles later on.

When you go out, don't make a fuss of your departure: no good-byes, no "I won't be long". Make sure you are not predictable in your departure routine.

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AGGRESSION

Training and teaching your dog what is unacceptable behaviour in the first place, especially during your dog's puppy years, before it develops the habit of biting your hands and clothes can save you a lot of trouble in the future. This is also one of the main reasons why we encourage people with puppies to behaviour train their dog or attend a puppy training class.

The critical socialization period for puppies is from birth until 6 months of age. Ideally the puppy will associate all types of people, whether they are male or female, adult or child, dark skin or light skin, wearing glasses or a baseball hat, with good things. Puppies can also learn bite inhibition, where they learn to use a soft mouth.

For undesirable bites or aggressive biting, you may use the “time-out” method as a discouraging method – first call out a firm "No", then leave your dog in a room and close the door for 30 seconds. Doing this will help your dog understand your expectancies.

Counter conditioning, is another positive training technique we use for aggressive dog training can also help change how the dog feels about what is triggering the aggressive behaviour.

A typical example of this would be a dog who growls, barks and lunges at other dogs while walking on leash. Since the presence of other dogs is what trigger the dog to act anxious, angry, or afraid; every time the dog sees another dog he/she will be given delicious pieces of ham (or anything else the dog loves) to counter the aggressive behaviour!

With enough conditioning and repetition, at progressive levels that the dog can handle, the aggressive dog will start to associate the presence of other dogs with ham (dogs=ham).

Properly executed, the final behaviour should be a dog who calmly looks to his or her guardian for a treat whenever he or she catches a glimpse of the dogs who used to cause him/her to act aggressive.

Using these methods along with controlled socialisation, and teaching basic obedience manners will put you on the right track to having a happy well adjusted family dog!
Sooner or later every dog lover returns home to find some unexpected damage inflicted by his or her dog. Fortunately, chewing can be directed onto appropriate items so your dog isn't destroying things you value or jeopardizing his own safety.

Puppies explore their world by putting objects in their mouths. Adult dogs may engage in destructive chewing for any number of reasons. In order to deal with the behaviour, you must first determine why your dog is chewing—and remember, he's not doing it to spite you. Possible reasons for destructive chewing include:

- As a puppy, he wasn't taught what to chew and what not to chew.
- He's bored or wants attention
- He suffers from separation anxiety or his behaviour is fear-related

If you catch your dog chewing on something he shouldn't, interrupt the behaviour with a loud noise. Offer him an acceptable chew toy instead, and praise him lavishly when he takes the toy in his mouth.

**Take responsibility for your own belongings.** If you don't want it in your dog's mouth, don't make it available.

**Give your dog toys that are clearly distinguishable from household goods.** Don't confuse him by offering shoes and socks as toys and then expecting him to distinguish between his shoe and yours.

**Supervise your dog until he learns the house rules.** Choose a "safe place" that's dog-proof, and provide fresh water and "safe" toys.

**Give your dog plenty of people-time.** Your dog won't know how to behave if you don't teach him alternatives to inappropriate behaviour, and he can't learn these when he's in the yard by himself.

**Give your dog plenty of physical and mental exercise.** A tired dog is a good dog, so make sure he gets lots of physical and mental activity.

**Build a toy obsession in your dog.** Use his toys to feed him. At mealtimes, fill a Kong-type toy with his kibble.

**If your puppy is teething, try freezing a wet washcloth for him to chew on.** The cold cloth will soothe his gums. Supervise your puppy so he doesn't chew up and swallow any pieces of the washcloth.

**Offer your dog a treat in exchange for the item in his mouth.** As your dog catches on to this idea, you can add the command "Give" as his cue to release the object in exchange for the yummy treat.

**Don't chase your dog** if he grabs an object and runs. If you chase him, you are only giving your dog what he wants. Being chased by his human is fun! Instead call him to you or offer him a treat.

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**What not to do.**

Never discipline or punish your dog after the fact. If you discover a chewed item even minutes after he's chewed it, you're too late. Animals associate punishment with what they're doing at the time they're being corrected.
The more consistent you are in following the basic housetraining procedures, the faster your dog will learn acceptable behaviour. It may take several weeks to housetrain your puppy, and with some of the smaller breeds, it might take longer.

**Take your dog outside frequently**—at least every two hours—and immediately after he wakes up, during and after playing, and after eating or drinking.

**Pick a bathroom spot outside,** and always take your dog to that spot using a leash. While your dog is eliminating, use a word or phrase, like "Hurry up" that you can eventually use before he eliminates to remind him what to do. Take him out for a longer walk or some playtime only after he has eliminated.

**Reward your dog every time he eliminates outdoors.** Praise him or give him a treat—but remember to do so immediately after he's finished eliminating, not after he comes back inside the house.

**Put your dog on a regular feeding schedule.** What goes into a dog on a schedule comes out of a dog on a schedule.

**Pick up your dog's water dish** about two and a half hours before bedtime to reduce the likelihood that he'll need to go during the night.

**Confinement** When you're unable to watch your dog at all times, he should be confined to an area small enough that he won't want to eliminate there. The space should be just big enough for him to comfortably stand, lie down, and turn around in. You can use a portion of a bathroom or laundry room blocked off or you may want to crate train your dog.

**Oops.** Expect your puppy to have a few accidents in the house—it's a normal part of housetraining. Here's what to do when that happens:

- Interrupt your puppy when you catch him in the act of eliminating in the house.
- Make a startling noise (be careful not to scare him) or say "OUTSIDE!" Immediately take him to his bathroom spot, praise him, and give him a treat if he finishes eliminating there.
- Don't punish your puppy for eliminating in the house. If you find a soiled area, it's too late to administer a correction. Just clean it up. Rubbing your puppy's nose in it, taking him to the spot and scolding him, or any other punishment will only make him afraid of you or afraid to eliminate in your presence.
- Clean the soiled area thoroughly. Puppies are highly motivated to continue soiling in areas that smell like urine or faeces.
- Minimize the number of accidents. If you allow your puppy to eliminate frequently in the house, he'll get confused about where he's supposed to eliminate, which will prolong the housetraining process.
DIGGING

Wondering whether you actually purchased a gopher or excavator not a dog, well you not the only one.....Our dogs bring lots of joy into our lives, but excessive digging problems can certainly put a strain on the owner-dog relationship.

Dogs dig for a number of reasons and it's important to keep in mind that your dog is not digging to spite you. If you don't clearly communicate to your dog that his digging is unacceptable behaviour, he won't even realize that he is doing anything "wrong".

To learn how to stop dogs from digging holes it is crucial to determine the reason why your puppy or older dog is digging in the first place. Below is a list of the most common reasons your dog may be digging:

- He simply likes to dig!
- May be bored and digs for mental and physical stimulation.
- Dogs are often attracted to fertilized dirt - the smell of fertilizer is irresistible to a dog
- For shelter, to cool themselves down or warm themselves up.
- For food storage purposes.

While you and me prefer to use the fridge, our dogs think the garden will do just fine. Whenever you are trying to change any behaviour in your dog the golden rule is to be consistent! Make it very clear to your dog what is, and is not acceptable behaviour.

Once you have determined the likely reason for your dog's digging, you must then pinpoint the solution. We have included a list of proven techniques. If applied correctly they will help to control your dog's digging problems.

- Give your dog lots of exercise, including heaps of physical and mental stimulation. Channel your dog's energy into something positive?
- If your dog is always digging in order to bury a bone, don't give bones!
- Blow up some balloons and bury them in the area your dog likes to dig. When he strikes a balloon, the noise of it popping startles your dog. In some cases the negative association this produces is enough to stop your dog from digging in the future.
- If your dog has a favourite spot he likes to dig you can bury some chicken wire just under the surface of this area. When your dog starts to dig he won't like the feeling of his paws scraping along the wire.
- If you've got the room a solution for both you and your dog is to provide them with a digging area. You can actually encourage your dog to dig in this designated area.
- You may want to try to control dog digging by providing a few tasty chew toys or Kongs for periods you are away from home.
Let's get it clear we are not talking about aggression biting ... this handout covers what is commonly referred to as “mouthing” or “play biting”.

Biting is most common in young puppies and new dogs. First of all, a puppy must learn to inhibit their bite before they are 4 months old. Normally, they would learn this from their mother or other members of the pack.

By allowing your puppy to socialize with other puppies and socialized dogs they can pick up where they left off. Puppies need to roll, tumble and play with each other. When they play, they bite each other everywhere and anywhere. This is where they learn to inhibit their biting. This is where they learn to control themselves.

If your dog bites – even once – you need to know some methods of helping him know that biting will not be tolerated:

- When you feel your dog’s teeth on your skin, gently move his mouth off your skin and firmly say “no bite”.
- If he actually bites you, make a sharp, high-pitched sound like “Ow” or “Ouch” and then firmly, in a low voice say “no bite”. Leave your dog alone for a few minutes (preferably leave the room) or refuse to look at him, touch him, or speak to him.
- Then return to “make up”. It’s important to show you still love your dog, only that his painful bites are objectionable.
- If your dog bites while playing, respond with ‘no bite’, stop playing immediately.

Before you can teach your dog anything, there are two prerequisites that are essential. They are trust and respect. If your puppy doesn't trust you, there is no reason why he should respect you. Never hit, kick or slap your dog. This is the quickest way to erode the dog's trust in you. Yes, he will still love you. Even abused dogs love their owners.

Summary Tips on Biting

1. Reprimand alone will never stop biting.
2. If no respect exists, the biting will get worse. If you act like a littermate, the dog will treat you as one.
3. If trust is not there, the dog may eventually bite out of fear or lack of confidence.
4. Inconsistency sabotages training. If you let the dog bite some of the time, then biting will never be completely eliminated.
5. Don't forget follow up. The dog must understand that it is the biting that you don't like, not the dog himself. Make up afterwards, to cultivate trust and confidence in the dog.
The issue of chasing behaviours in dogs can be one of the most dangerous of the natural behaviours that we deal with in a dog’s life. Any breed (or mixed breed) can display a strong instinctive pattern for the chase.

If you have a dog with high “prey drive”, the first and most important thing to realise is the chasing behaviour is something that a dog will never grow out of, the action itself (chasing) is an extremely motivating, self-rewarding and self-driven action that dogs are simply crazy about.

To begin (especially with young puppies) it is important to not encourage this behaviour. Don’t ever encourage your dog to chase other animals in order to get him running. Many people underestimate the power of the recall command. This is the most important command for you and your dog and has to be trained as early as possible.

To actually deal with the ongoing issue of the chasing behaviour, you will need to train your dog a few things separately before dealing with the chasing issue itself. It is important to create alternative responses, as your first step. There are a few exercises that you will need to train with your dog, in order to have a repertoire of alternative behaviour responses, these include;

- Sit command
- Leave it command
- Look (or watch) command
- Come command (recall)

The level of training and response for these commands, have to be as high as possible, meaning that once you say your command, (for example, your dog’s name) he needs to gun back to you with speed and enthusiasm.

The level of response and the number of repetitions is crucial; exercise this in various different environments in order to establish good muscle memory patterns. Keep in mind to avoid environments where your dog can be triggered. The goal is not to compete with distractions yet.

Once this level is done, your next goal will be to introduce trigger situations at the sub-threshold level so that your dog doesn’t get too excited (you are still able to manage your dog) and you will use redirecting (the alternative behaviours) and reward your dog when he completes them.

For example, your dog spots a cat at a distance, you ask him to sit and watch you. Your dog does this and you reward him. Essentially, as things progress you will move closer to the trigger, but keep in mind to always stay at the sub-threshold distance as you move closer.

TIP: This may take a long time and some dogs may show more or less progress. If you advance too fast in getting closer to the trigger, your dog will react and this will set you back in the training process. It is advisable if you have a “high prey drive” dog to use food as rewards, do not use tugs or other toys. The reason for that is because dogs get excited in the presence of toys, and that excitement can easily spill over in a chasing behaviour. As well, there is no need to classically condition your dog to go into a high play-mode every time he sees the trigger.
CRATE TRAINING

Crate training can take days or weeks, depending on your dog's age, temperament and past experiences. It's important to keep two things in mind while crate training:

- The crate should always be associated with something pleasant.
- Training should take place in a series of small steps. Don't go too fast.

**Step 1: Introduce your dog to the crate**

Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Take the door off and let the dog explore the crate at his leisure.

- Bring him over to the crate, and talk to him in a happy tone of voice. Make sure the crate door is open and secured so that it won't hit your dog and frighten him.
- Encourage your dog to enter the crate by dropping some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay; don't force him to enter.
- Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favourite toy in the crate. This step may take a few minutes or as long as several days.

**Step 2: Feed your dog his meals in the crate**

After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate.

- If your dog is readily entering the crate when you begin Step 2, place the food dish all the way at the back of the crate.
- If he remains reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.
- Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. The first time you do this, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for ten minutes or so after eating.
- If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, don't let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it.
Step 3: Lengthen the crating periods

After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home.

- Call him over to the crate and give him a treat.
- Give him a command to enter, such as "kennel." Encourage him by pointing to the inside of the crate with a treat in your hand.
- After your dog enters the crate, praise him, give him the treat, and close the door.
- Sit quietly near the crate for five to ten minutes, and then go into another room for a few minutes. Return, sit quietly again for a short time, and then let him out of the crate.
- Repeat this process several times a day, gradually increasing the length of time you leave him in the crate and the length of time you're out of his sight.

Step 4, Part A: Crate your dog when you leave

After your dog can spend about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house.

- Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate.
- Vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave.
- Don't make your departures emotional and prolonged—they should be matter-of-fact. Praise your dog briefly, give him a treat for entering the crate, and then leave quietly.
- When you return home, don't reward your dog for excited behaviour by responding to him in an excited, enthusiastic way. Keep arrivals low key to avoid increasing his anxiety over when you will return. Continue to crate your dog for short periods when you're home so he doesn't associate crating with being left alone.

Step 4, Part B: Crate your dog at night

- Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway. Older dogs, too, should initially be kept nearby so they don't associate the crate with social isolation.
- Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer, although time spent with your dog—even sleep time—is a chance to strengthen the bond between you and your pet.

Note on Whining. If your dog whines or cries while in the crate at night, it may be difficult to decide whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate.

If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time.

If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.
STEALING FOOD

Counter Surfing, Scavenging or Food Stealing is a common problem especially in puppies and young adolescent dogs. Dogs are natural scavengers, however allowing your dog to become a canine vacuum is unpleasant and can be dangerous too.

Why Dogs Steal Food

- **Hunger** - When a dog is hungry, he will eat what food is available. Make sure your dog receives regularly scheduled, nutritionally balanced meals.
- **Cooking** - The scent of food cooking teases the dog and sets his instincts in gear. Keep the dog securely out of the area while you are cooking.
- **Table Feeding** - When a dog is fed from the table or offered leftovers from the owner's plate, the dog has just been encouraged to do it again and again, whenever he/she can.
- **Availability** - If you leave food out and within reach, assume your dog will take it. It will only take your dog seconds to swoop in and grab that snack.

What to do

- Establish a regular feeding schedule and location for your dog's meals and do not allow the dog to eat anywhere else.
- Keep the dog in a crate while you are preparing, cooking and eating food. When mealtime is over and all food is put away, let the dog out of his/her crate and reward with playtime or a special toy.
- If your dog only steals food during your mealtimes, find a treat he/she really likes (cheese, peanut butter). Stuff that food into a Kong toy and give the dog the treat on his blanket, and only when you're eating. Be consistent. The dog will soon learn that if he goes to his place, he'll get a terrific treat.
- With taller dogs whose front paws can reach the counter tops, try putting double-sided tape on the edge of the counter tops. Most dogs will not like the sticky sensation on their paws and will stop jumping up to avoid the stickiness.
- Train your dog with the “leave it” command to prevent your dog from picking things up. Sit down in front of your dog. In one hand place an ordinary "Leave It" treat in the other hand place your dog's very favourite "jackpot!" treat. With the ordinary "Leave It" treat resting on your open palm, extend your hand out towards your dog. When your dog reaches forward to gulp down the treat, quickly close your hand - don’t let him get it and say “leave it”. If he withdraws his interest, immediately say "Yes!" and give the jackpot treat from your other hand.
- Supervision is the most important key to correcting a theiving dog. When you are present you can provide your dog with instant feedback. Always reward desirable behaviour. If your dog is sitting calmly on his bed while you are preparing your dinner praise and reward him.