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HUMANE
SOCIETY**

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other.

PUPPY TRAINING MANUAL

All you need to know to succeed with your puppy

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Management and training are the best ways to combat problems before they arise. The most critical time in a dog's life is right now - puppyhood! An adult dog's temperament and behaviour habits, both good and bad, are shaped during this time.

How dogs think

It is helpful to understand how dogs think so that we can understand the best way to train them! Dogs are opportunistic creatures and can be quite self-centered. They are amoral, which means they learn what is safe and unsafe, not what is right and wrong. Dogs are social throughout their entire lives. They are chewers, which you'll learn more about as you read. Dogs are always learning from their actions through the cause and effects.

How dogs learn

Dogs learned through cause and effect. If the behaviour they perform attains a desired outcome for them, they will repeat it. They don't understand right from wrong and they do nothing out of spite; that motivation is unique to humans. Our dogs don't do anything with the intent to harm or upset us.

They simply do what they are naturally driven to do. Like us, our dogs want to be happy and comfortable. Resources such as food, comfort, and attention make them happy. Getting and keeping these resources is a survival instinct. Dogs do understand that something can be fun or scary, safe or unsafe.

It's important to know that a reward will strengthen a dog's behaviour. If jumping up means they get the attention they desire, they will continue to jump up. If they succeed getting food off the counter, they will continue to look for the opportunity to reward themselves by jumping up on the counter.

When you attempt to stop a behaviour or ask your dog to do something else, you're giving them attention. If an unwanted behaviour continues or increases, it means that behaviour is being rewarded somehow. Attention is one of the most valuable rewards you can give your dog. One of the best ways to solve behaviour problems is to control the resources and environment to ensure your dog receives no reward for their unwanted behaviour. Instead, they learn that earning their resources is the best way!

Shaping their behaviour

Dogs' behaviour is shaped by many different contributors throughout their lives. First, we look at genetics; this is the part we cannot control. A dog's genetics can be influenced by their parents' behaviour and specific breed group characteristics. Then there are the experiences a dog has, which we *can* control. By providing our dogs with exposure to people, animals, and environmental experiences (places, surfaces, sounds, etc.) we can impact their development and future behaviours. Lastly, there is learning. Providing positive learning experiences by making them fun instead of just neutral is the greatest thing we can do to shape our puppy's behaviour. Advocate for your puppy to ensure they are in a safe learning environment! You'll learn more about this in our socialization section.



Introduction of the Basics

Management and prevention training

Early training is essential to the prevention of unwanted behaviours.

Dogs naturally bark, chew, jump, demand attention, guard valued resources and more. If we want our dogs to behave according to what we find polite, we need to teach them what behaviours we want to see. Behaviour “problems” are usually normal dog behaviours that we humans don’t consider appropriate and we want our dogs to act differently. The success of an appropriate behaviour and a good human-canine bond depends on us teaching puppies the rules and regulations of domestic living.



Management and training are the best ways to combat problems before they arise. An adult dog’s temperament and behaviour habits (both good and bad) are shaped during puppyhood. Instead of being reactive, we can be proactive and set our puppies up for success.

Punishments are often used when a dog is participating in normal dog behaviours. Physical and/or verbal abuse, as well as isolation, can be detrimental to the human-canine bond. Dogs don’t know what we want and don’t want unless we teach them to understand. Many will blame a dog’s “misbehaviour” on “dominance” and believe that punishing, instilling fear, or correcting will stop the unwanted behaviour. This is far from the truth. Instead, all we stand to do is stifle a dog’s natural communication, which is counterproductive to the learning process. A dog loses the ability to think, learn, problem solve and make good choices as a result. Punishment causes fear, anxiety and stress, which can often lead to aggression.

Use this manual as a guide to creating a happy puppy!

Resource Management

Managing food, treats, and affection

Training becomes a lot easier when you make a point to include it in daily life. Teach your dog to understand resources should be earned. A resource is anything your dog finds rewarding or valuable, be that food, treats, toys, off-leash play, their spot on the couch or cuddling etc. Make sure your dog has to earn whatever they value by performing a cue you have previously taught.

Ignore all demands for attention, walks, food, play etc. Remember touching or talking to your dog when they’re demanding is giving them attention! Give your dog all the love, attention, and fun you want, but only when you initiate (with the exception of your dog needing to eliminate).

If your dog has to earn everything they value, they will recognize you as a leader. Your dog will soon be offering polite behaviours and responding to cues without the use of force, intimidation or fear. This will make fading food lures – which you will read more about later – and rewards much easier when training.



Training Tools

Treats: Treats are merely a tool to help your dog respond reliably to a cue. If you practice cues wherever you go, your dog will soon begin to generalize them and learn to respond no matter where you are or what the distraction. You should start by asking for simple behaviours like “sit” in a low-excitement environment, then slowly begin to increase the level of difficulty by adding distractions. Treats are not a bribe; they should be used as motivation and reward for creating, fine tuning, and luring behaviours.

Leashes, collars, and harnesses: All you need when you bring home a new puppy is a well-fitting flat buckle or martingale collar and a flat or round braided 6’ leash. Harnesses can be used as well, but keep in mind most harnesses promote pulling. Many harnesses that are designed to attach to the leash at your dog’s back or shoulders distribute the “weight” and make it easier and more comfortable for the dog to put pressure on their handler. Think of dog sledding. If you opt for a harness, choose a “no-pull” harness like the Freedom harness, Easy Walk harness, J-walk harness, Positively no-pull harness, or other similar front or side clip harnesses.

Clicker or verbal marker: A clicker or a verbal marker (i.e. “yes!”) is a way to communicate with your puppy using positive reinforcement. It is used to teach or improve behaviours while your pup is learning. The clicker is a handheld acoustic device that is paired with the presentation of a treat. The click marks the behaviour; click = treat, no click = try again!

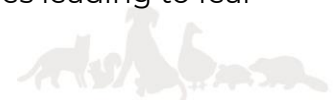
Socializing vs Socialization

Socialization is a continuing process whereby our puppy acquires a personal identity and learns the behaviours and social skills that are appropriate and acceptable. Socializing, on the other hand, is the act of interacting with others. It’s important to understand the difference. The value of socialization is very underestimated.

Socialization and exposure to novelty is an active process that will take a little preparation and planning. It is not simply about exposure; rather, it is about making exposure fun and positive (i.e. treats = positive). Always try to be proactive rather than reactive. Assume your puppy could potentially be afraid of a situation and use treats liberally. Prevent a fear response and make a positive association from the start. During a puppy’s socialization period, attempt to have one or two positive novel experiences every day!

The socialization period is a period of time in your puppy’s development that will dramatically affect their personality. This period happens from 3 to 12 weeks of age. At this time, puppies are developmentally open to new experiences. They are learning about dog communication, play and the human domestic environment.

Many people believe that having another dog at home and/or meeting a couple of people means the dog is thoroughly socialized. They are surprised when the dog becomes overwhelmed by any number of things that make it uncomfortable. It’s important to introduce your puppy to as many people, dogs and other animals of different shapes, sizes, colours and energy levels as possible. Sights, sounds, environments, textures and surroundings are just as important. It’s crucial that all these experiences be as positive and fun as possible, while ensuring we go at the puppy’s pace! Remember that anything your puppy isn’t introduced to or has a bad experience with during this socialization period can create fear and avoidance later in life, sometimes leading to fear aggression.



Signs your puppy is afraid:

- Ears back or down to the side
- Tail tucking
- Hiding
- Freezing
- Shaking
- Pacing, running, or escape behaviour
- Not taking treats
- Seeking close human contact
- Panting

**What to do if your puppy is afraid:**

- Use treats liberally
- Allow your puppy to investigate at their own pace
- Get your puppy to a non-stressful starting point
- Avoid coddling or reprimanding

Take this opportunity to let people know your puppy is in training. Ask for a “sit” from the puppy and have the person offer a cookie. This helps teach your puppy to be polite and sit when greeting people and socializes them with strangers of all types.

Walks can be great for socializing, but they don’t use up a lot of energy. This can create frustration if your puppy needs more physical exercise or hasn't had much mental stimulation that day. Once your pup’s recall is reliable, letting them run around off leash or play fetch will burn energy faster.

Socialization and exposure is a lifelong process for your puppy. Even a well-socialized young puppy might regress if positive exposure does not continue into adolescence (between one to two years old). As the puppy gets older and becomes more suspicious of novelty, positive exposure should be equally important. Strive to have at least three to four positive experiences a week with a juvenile and adolescent dog.

Puppies will go through a few developmental stages as they mature. Expect that your puppy will, from time to time, explore boundaries for control of a resource, or ignore well known cues when there's something in their environment more exciting than you. All you need to do is stay consistent, ignore demands, have your puppy earn everything of value, and be positive and patient.

Socialization checklist:

- Environment
- People
- Sounds
- Surfaces
- Novelty
- Animals



House Training

The first step in house training is to have an area of confinement set up when you are away from home or unable to keep a close eye on your puppy (see *Confinement Training* for more details).

The proactive benefits:

- Prevents mistakes around the house (i.e. chewing and potty training accidents)
- Teaches pups to settle down quickly, quietly, and calmly
- Helps to recognize when our puppies need to eliminate



Confining a puppy to their bed, and eventually a small puppy play area, helps to strongly inhibit indoor urination and defecation, which then leads to successful potty training. It can also reduce the chance of separation anxiety or distress.

Being able to predict when and if your puppy needs to eliminate means you can be there and teach them where to do it. This allows you to reward your puppy for doing the right thing in the right place at the right time. Every accident is a regression, but catching your puppy in an accident and interrupting or redirecting them outside is a great learning experience.

Guidelines to house training:

- Clean all soiled areas thoroughly with pet odor remover cleaner.
- Create a bathroom schedule: morning time, lunchtime, dinner time, and before bed at the minimum.
- Implement confinement training.
- Take your puppy out first thing in the morning and then every half hour to one hour during beginning stages of training.
- Take your puppy out a few minutes after eating or drinking, and after waking up from a nap.
- Take your puppy out immediately after they exit their crate or other confinement area.
- Praise your pup after all outdoor elimination.
- Patience is key!

When you take your puppy outside to eliminate, it is best to keep them on a leash so they don't get distracted. Once your puppy eliminates, enthusiastically pet, praise and reward them with treats or play. As soon as you bring your adopted puppy home, immediate start house training and follow the rules consistently. This sets the precedent for future mistakes or triumphs. If you catch your puppy mid accident, it's important you never punish them but rather interrupt them, say "outside", and immediately take your puppy to their designated bathroom area. Punishing your puppy for eliminating in the house will quickly teach them to hide when they need to eliminate or create a puppy that is afraid to eliminate in front of you.



Confinement Training: Crate and Puppy Play Areas

Segregation of the important areas

It is important to introduce both short-term and long-term confinement training to your new puppy. Not only does this help your puppy with potty training and inappropriate chewing, but it also helps them build independence as they learn to happily be alone. Using both a crate and puppy play area creates errorless training.

People often give a new dog freedom right away, and only when an accident occurs, whether it's house soiling or chewing the leg of a favourite armchair, do they think to crate the dog. This turns the crate into a place of punishment for the puppy. Instead, we strongly encourage new pet parents to create a safe place in the beginning and gradually allow your puppy to have free rein over time; your couch and carpets will thank you!

Introducing the crate:

Sizing

Your pup should be able to stand up and turn around completely in the crate. Please note that too much space in the crate may enable your dog to eliminate in one area of the crate and snooze in the other, which can hinder your house training.

Set-up

Ensure your crate has a soft blanket or towel, a bowl of water, a variety of toys, and long-lasting treats – you'll read more about this later.

Stepping in

Encourage your puppy to explore in and around the crate. Make sure the door is securely fastened open so it won't swing and frighten your pup. Start by dropping small food treats near it, then just inside, and then all the way inside the crate. If your pup refuses to go all the way in at first, that's okay – do not force them to enter. Continue tossing treats into the crate until your pup willingly and calmly goes all the way into the crate to get the food. If food is not working, try a toy.

This process may take a few minutes, or several days, so do not use the crate until your puppy is comfortable inside it.

In order to get your dog used to their crate and "play area" for extended periods of time, start by giving them a long-lasting treat, such as a Kong, treat-dispensing chew toy or safe bone. Leave them alone to chew and be merry; after a few minutes or before they finish the treat, quietly let them out. Repeat and gradually increase the time they are left alone in this area while you are in the home. Be patient as it could take time to get your dog comfortable with their confinement area, but don't give in!

If your dog begins to howl, whine, bark or scratch, wait until they have been quiet for at least a few moments before you respond by either letting them out or rewarding the quiet. If you go to them before they calm down, your dog will learn that this protest behaviour gets them attention and they will repeat it.



Chewing and Chew Toy Training

The bite is worse than their bark

Dogs are inquisitive and social animals; they need to do something, especially when left alone. Dogs chew as a natural and necessary behaviour. It passes the time, relieves stress, and helps them to relax, burn energy, clean their teeth, and soothe a teething puppy's gums.

Some breeds are much more orally fixated because of their genetic influences. Although chewing problems may occur in any breed, they are common in dog breeds bred to retrieve.



Puppies explore their world with their mouths just as human babies do! When a puppy comes home, it will bite on anything available. This is a good thing as it helps them to acquire a bite inhibition later in life. To accomplish this, it is important to allow ample playtime with other healthy, friendly dogs and puppies.

Setting your puppy up for chewing success:

- Always provide your puppy with a variety of safe toys and treats to chew.
- When you are unable to supervise, confine your puppy to their crate or play area with appropriate chew toys and treats (e.g. Kong or frozen treat).
- When your puppy is chewing something inappropriate – like a shoe or your hand – redirect them onto something they can and should chew.

Remember that chewing is a natural behaviour and punishing inappropriate chewing causes stress and may increase destructive chewing!

By confining your puppy and offering appropriate chew toys when you are away or can't keep an eye on them, you eliminate the possibility for destructive chewing mistakes. You also create a habit and teach your puppy to actively look for appropriate toys when they want to chew.

Eventually, you can make your puppy's confinement area larger and larger until you trust your puppy to make the appropriate choices.



Teaching Bite Inhibition

Negating the negative

Puppies bite and it's good that they do! It's a natural and necessary behaviour; in fact, a puppy that doesn't bite is unusual. Puppy play biting is how dogs learn bite inhibition and a soft mouth, teaching them to respect both dog and human flesh. The more a puppy bites and receives appropriate feedback, the safer their bite in adulthood. A puppy who doesn't bite and play at a young age may have the potential to do serious damage in adulthood. A puppy should learn that their bites hurt long before they are strong enough to inflict injury. The puppy needs to learn to control the force behind their bite and to bite gently. Once that happens we can eliminate all unwanted biting!

Good bite inhibition doesn't mean that your dog will never lunge, nip or bite. It means that should they do this, their teeth will seldom make contact and if they do, the bite will cause little or no damage. Bite inhibition is irrefutably the most important part of your puppy's education and luckily it is easy to teach.

It is not necessary to reprimand a biting puppy but it is essential to let your puppy know that bites hurt!

If your puppy bites with too much force, follow these simple rules:

Leave the room

Offer a non-reward marker such as "ouch" or "too bad" (marking the moment your puppy made the wrong choice), and immediately leave the room, leaving your puppy confined to the room. As soon as your puppy is calm and quiet, go back and resume whatever you were doing. It's very important that the moment there is inappropriate or forceful contact from the puppy's teeth to skin or clothing, all the fun ends. Repeat this every time it happens.

Time out

Keeping a leash on your puppy is important. The moment inappropriate contact happens, offer your non-reward marker, take your puppy by the leash and put them in a safe, quiet area for a time out. This could be a puppy-proofed powder room, small bathroom, or behind a barrier in a closed hallway. Ensure it's a safe space so that you can ignore them. Do not use their crate or play area as a time out; we want these areas to stay positive! Do not pick your puppy up when taking them to their time-out place because reaching them should always be a good thing. Instead, guide your pup there by the leash. If you don't have a leash on them, then simply leave the room.

Your puppy will quickly begin to learn what is appropriate. They will quickly offer a much more controlled mouth while playing. The goal is to create a soft mouth before your puppy begins to develop their adult teeth, which occurs around five months old. This is the perfect example of how our puppies learn through cause and effect. Cause: a hard bite; effect: all the fun ends. Our puppies want our attention and to be with us; by learning that a hard bite makes us leave, they will learn to control their mouth.



Play to Train

Playing with your dog is an important part of communication and relationship building. Structured play is play that trains your puppy. Puppy play is instinctive so it's a great way to build drive and desire, as well as teach simple commands. It also helps with bite inhibition, control, and body awareness. Here are a few games to get you started:

Choose to heel

This builds a more reliable heel on lead, as well as your dog's desire to be by your side. You can do this in the house or in a fenced-off area. Grab some treats with your furry friend off leash. Begin to walk around, and if your pooch chooses you and begins to walk by your side, reward them. It is that simple. You can make this game harder by picking up the pace or quickly changing direction. This builds your dog's desire to be with you, and increases the likelihood that they will choose you in a new and exciting environment. Working a heel off leash also makes it much easier to transition to on leash.

Hide and seek

This game helps to build a reliable recall, which can be turned into a "come". Start by hiding just feet away from your puppy in a very easy place to be found and call their name as loud as you can. When your puppy finds you, have a party! Pet them, play with them, tell them how well they've done! You can choose to reward with food, but just the love they're getting is more than enough for most dogs. Make this game harder by hiding in more difficult places, or farther away, which also builds your pup's desire to be with you.

Tug

Tug builds a toy drive, adding another reward to your repertoire. It also helps to teach a soft and controlled mouth, and teach a reliable "out" or "drop it". Pick up a toy and tug away! If your dog doesn't have a very strong toy drive, you can increase it by playing keep away. Throw a toy, and race your dog to it, then play with it. Do the same, race your dog, and tie. Then play tug. Lastly, repeat but allow your dog to win the race. Then tug like crazy. To end the game, trade your dog a high-value treat for releasing the toy. Eventually, you can put that to a cue like "out" or "drop it".

During play, you not only lay down the foundations for later training, but you also teach your puppy how to stay focused and engaged. Structure is important when playing with your puppy. Here are the rules:

| The Do's | The Don'ts |
|--|--|
| <ul style="list-style-type: none"> • Do offer rewards: Positive reinforcement is important, not only in relationship building, but also to reinforce appropriate behaviours. • Do pay attention: Watch your pooch play; choose the best times when your pup has the most energy. Keep your dog interested. Play should be fun! • Do be inventive: Keep your puppy engaged by changing up the play and rewards. • Do keep games short: The longer you play, the more excited your puppy will get. The more excited they are, the less control you will have. Always follow play with a cool-off period. The more self-control your dog learns, the longer you can play. | <ul style="list-style-type: none"> • Do not be the toy: Don't allow your dog to grab your body parts. Teach your dog that the play ends the moment they make inappropriate contact. Make sure they know you're off limits. • Do not allow inappropriate initiation: Allowing your dog to initiate play by jumping on you or your lap, or by demanding play with a bark, is rewarding this behaviour if you play. • Do not let them rule: Make sure your pooch understands that when you say play ends, it's over. Remove yourself, or their toy, from the equation. |



Preventing Unwanted Behaviours

Identifying the negatives

Resource guarding

It's important to remember that resource guarding is a natural and necessary canine behaviour. It is our job as pet parents to teach our puppies to enjoy things that they may naturally dislike. It's good to remember that educated and respected canine behaviourists and trainers no longer subscribe to the dominance theory. We are aware that we need to be benevolent leaders in order to teach our dogs and keep them safe. It is now known that dogs do not attempt to "dominate" people in order to rise in rank. They know we are not dogs.

Attempting techniques such as physical punishment, "alpha rolls", verbal abuse and intimidation are counter-productive at the very least. Intelligent and assertive dogs do their best to control resources as a survival instinct. A dog that controls their resources well is more likely to survive if the need arises than one that does not. So if we control their resources there is no need to "dominate" our dogs. With the understanding that the dominance theory involves threat, intimidation and physical manipulation, we realize there are better ways.

Proactive food bowl exercises

- At every mealtime, ask your puppy for a sit before putting the bowl down. This way, they are earning their food.
- As soon as they start eating, approach them and toss something extra tasty in the bowl! Something better than their kibble – like a piece of cheese, liver, hotdog, etc.
- Do this every time your puppy eats, gradually making your way to placing treats directly into the bowl. Very soon, they will be happy to have you approach while they are eating, and will learn that hands in their bowl is not a bad thing.

Other proactive ways to prevent resource guarding issues include training "leave it", "drop it", and always practicing trading up. This means if your dog has something that you do not want them to have, trade for something equal or higher value.

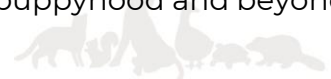
Jumping up

A jumping dog is soliciting attention. If they get that attention, they will continue to jump up on people. So, it is important that we do not reward our puppies for jumping up. We do this by first ignoring this behaviour – by not talking to, looking at, touching, or moving your puppy. Or by turning your back and walking away when your puppy jumps on you.

Very quickly, your puppy will realize jumping gets them nowhere. Asking your puppy to sit, pushing them away, or even yelling at them is giving them attention – and all attention is good attention to your puppy. If your dog continues to jump up on people, it means someone is rewarding the behaviour with attention.

Handling

It is important to teach your puppy from a young age that being handled is enjoyable. This helps to prevent any aggression caused by fear or intolerance. Your dog will be handled by many people through their life – veterinarians, groomers, trainers, strangers, and children. A dog that enjoys being handled, or restrained, is less likely to act out. It is easy to teach your dog to love being handled. Pair handling exercises with yummy treats all through puppyhood and beyond.



The proactive benefits:

- Lift up your puppy’s lips and play with their mouth
- Inspect and gently handle both ears
- Starting at the shoulder, slowly move down your puppy’s leg, handling the elbows and feet
- Handle and play with their toes, paws, and nails
- Handle your dog’s back and tail
- Handle the inside of your puppy’s legs
- Move up their chest and belly

It’s important that if you find a “hot spot”, an area your puppy doesn’t enjoy being touched, you pair it with treats and desensitize that area. Not only does this make life easier for veterinarians and groomers, but your puppy is happier as well. The more positive associations, the better!

Manners and Essential Cues

Dogs and puppies seem to always get excited at the worst possible times. A fun outing at the park can quickly become a nightmare with an ill-mannered pooch. To have an attentive, well-mannered puppy is way more fun!

Essential training cues to help with manners:

- “Look” or “attention”
- Sit
- Down
- Stay
- Loose leash walking or “heel”
- Door routine or “wait”
- Recall or “come”
- “Leave it”
- “Take it”
- “Drop it” or “out”
- “Place” or “bed”
- Stand
- Settle



Toronto Humane Society Training Classes

Toronto Humane Society is proud to offer a variety of training classes for you and your canine companion. We are passionate about advocating for, and educating pet owners about humane, compassionate, and trust building training practices. We pledge our commitment to providing you and your best friend with a constructive, supportive, and inspiring environment for strengthening the human-animal bond! Learn more here:

<https://www.torontohumanesociety.com/pet-services/training-and-behaviour>

Puppy Socialization

- \$160 + applicable tax
- Group
- 1 Pre-Class Online Orientation Video, 30 Minutes
- 4 Consecutive Weeks, 60 Minutes Each
- Puppies may enroll between 8 to 12 weeks of age, and should be graduating between 12 to, and no later than, 16 weeks

Our Puppy Socialization Classes are specifically designed to allow you and your puppy to start as soon as possible. Each week features a specific focus, is packed with fun puppy activities, best practice and positive reinforcement-based training information, and opportunities for socialization in a safe and structured environment!

- **Online orientation video** – Register for Puppy Socialization Classes, and access our online orientation video! This video will help prepare you with the basics in order for you and your puppy to get the most out of classes! Once you have completed the online orientation video, you and your puppy can attend your first class.
- **Health and handling** – Focuses on creating positive experiences around handling your puppy, as well as helpful tips on how to make vet visits fun and rewarding. Learn how to problem solve when it comes to issues such as crate training and elimination training.
- **Outfits and appearances** – Focuses on meeting familiar people who might be dressed in unfamiliar attire! From lab coats to baseball caps, adventure and lots of treats await puppies for this week's focus. Learn how to problem solve issues such as jumping up to say hello, and chewing on people or items.
- **Obstacles and sounds** – Focuses on fun and exploring around novel items! Your puppy can traverse new and interesting surfaces, and will have the opportunity to build positive associations around the presence of everyday household items, as well as objects they might come across during regular walks and adventures. Learn how to problem solve issues such as resource guarding and collar handling.
- **Wheels and motion** – Focuses on items that may be in motion. Puppies will have the opportunity to get the scoop about skateboards, scooters, strollers, and more! Learn how to problem solve issues such as pulling on leash, independence training, and counter surfing.

Foundation Skills Tier 1

- \$220 + applicable tax
- Group
- 6 Consecutive Weeks, 60 Minutes Each
- Dogs may enroll at 16 weeks of age and up



Our Foundation Skills Tier 1 classes emphasize the importance of trust and teamwork for you and your dog! Learn how to support your dog through the learning process with positive reinforcement-based training practices. Discover the basics of learning theory, and how to recognize constructive learning opportunities in everyday situations! Grow together with your dog while building foundational skills and strengthening the human-animal bond!

- Week 1 – Discover the basics of learning theory, and how to apply positive reinforcement-based training practices to your training journey and then some! Learn about alternative behaviours, and how to offer your dog opportunities to make good choices instead of just telling them “no!”
- Week 2 – Build name response and focus with your dog.
- Week 3 – Learn how to teach sit-stay to your dog.
- Week 4 – Learn how to teach down-stay to your dog.
- Week 5 – Learn how to teach your dog to touch a specific target, as well as basic loose leash walking skills.
- Week 6 – Conclude all of your hard work with an opportunity to ask questions, and brush up on any of the exercises that you might have additional questions about!

Foundation Skills Tier 2

- \$220 + applicable tax
- Group
- 6 Consecutive Weeks, 60 Minutes Each
- Prerequisite: Foundation Skills Tier 1
- Dogs may enroll at 22 weeks of age and up

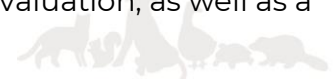
Our Foundation Skills Tier 2 classes expand on the skills you and your dog acquired during Foundation Skills Tier 1. Continue strengthening the human-animal bond by building trust and practicing teamwork with your dog! Further refine your skills and learn how to keep training interesting, fun, and motivating for the both of you!

- Week 1 – Review the basics of learning theory, and how to apply positive reinforcement-based training practices to your training journey and then some! Build on the alternative behaviours discussed in Foundations Tier 1.
- Week 2 – Begin the first steps for teaching recall with your dog, as well as engage and disengage exercises.
- Week 3 – Learn how to teach leave it to your dog.
- Week 4 – Learn how to teach drop it to your dog.
- Week 5 – Learn how to teach your dog place and stationing behaviours.
- Week 6 – Conclude all of your hard work with an opportunity to ask questions, and brush up on any of the exercises that you might have additional questions about!

Problem Solving and Behaviour Modification

- \$250 + applicable tax
- Private
- 2 Sessions, 60 to 90 Minutes Each

Our Problem Solving and Behaviour Modification classes are specifically designed to offer training and support to you and your dog where needed the most. If your dog struggles with issues relating to anxiety, fear, or aggression, we can help by providing a full evaluation, as well as a



thorough management and behaviour modification plan. Your dog's individual history and needs, as well as realistic goals will be discussed in a private class setting. Receive comprehensive, compassionate, and dependable care for the emotional and mental health and well-being of your dog. Two 60-90 minute sessions are provided at our shelter location within a flexible 4-month window from date of purchase, as well as additional correspondence by email or phone between sessions, and up to one month after the second session. This ensures that we can allow for appropriate adjustments to management and behaviour modification plans where needed, as well as being able to track any new developments and progress.

