

## KPT: Class #1 - THE TRAINER, CRATE TRAINING AND HOUSE BREAKING

### 3 Noble Truths of Dog Training –

- Dogs are smarter than people because they know when you are faking it
- I should withhold the reward until I get what I want
- I can control the distraction

### **Introduction to Class Structure, Schedule and Testing**

-Please be quiet

-Schedule on intranet site (with lesson plans), on GRC site, in Nugget

-Updates and changes by email

-KPT/Basic evals (why and how)

### HOW DO YOU BECOME A GOOD TRAINER?

Judgment, intelligence and knowledge alone are not enough. Time must be devoted to developing the dexterity needed to skillfully perform the motor activities required for success as a trainer. If you had the choice between a surgeon who had practiced brain surgery for three years and one who had merely read about it and watched somebody else practice for three years, whom would you choose?

The three basic parts of training are TIMING, CRITERIA and RATE. Timing is primary. If you want precise behavior, be prepared to reinforce precisely. The pup needs to be praised the moment he performs a behavior. The correction, and following praise, needs to happen when the behavior is occurring, not 1 minute later. The traditional trainer should be paying even more attention to the correction point, because it is fair. If the trainer can't communicate precisely what he wants or doesn't want, we don't want the animal to pay the price.

**CRITERIA:** What you are reinforcing or punishing? You need to have a picture in your mind before you pick up the leash. What will you be doing? How will your behavior motivate the pup to comply? When will you correct? How often does your pup need to be reinforced? Do not even consider picking up a leash until you have these pictures in your mind.

**RATE (of reinforcement):** The trainer should reinforce behavior at a rate sufficiently valuable for the animal to keep giving us the behavior we want. Make it worth his while to perform. I might not need to pay you at all to eat an 8-course gourmet meal, but you might ask for \$1,000 to eat one worm. Be consistent and don't suddenly change your reinforcement. How long would you continue to go to work if your boss stopped paying you because he suddenly decided you should work for the love of it?

Work at being a good trainer and you will produce a great pup.

### WHY DO WE USE A CRATE?

First, the crate acts as a sort of den for the puppy. It is a safe place to be and gives him a place to relax or play quietly. It also provides the puppy raiser with a safe place to put the puppy whenever direct supervision is not possible. Finally, it aids in the process of housebreaking. Dogs instinctively will not toilet in their living space.

### CREATING A PLEASANT CRATE ENVIRONMENT

You should make the crate pleasant and inviting. Place a few of the pup's favorite toys in the crate and feed all meals there as well. In addition, spend time interacting with the puppy by placing him in the crate and leaving the door open. Show him his new toys or give him a belly rub. When the puppy is to spend time alone in the crate such as when you leave the house or go to bed, try giving him a Kong with peanut butter or liverwurst inside. This will take mind off of being in the crate and make the experience more pleasant. You should only allow the puppy to play with the Kong when it spends time alone in the crate so that the Kong becomes a special treat. In addition, you may want to place the crate in a room where the family spends most of its time so that the pup knows that you are still present. As the puppy matures and becomes more confident, this step will not be necessary. All of these methods will help the puppy view the crate as a positive place.

#### THE CRATE AS A HOUSE BREAKING TOOL

As we discussed, the crate teaches the pup to develop bladder control because he instinctively will not toilet in his own living space. The puppy should be taken out to toilet on leash every two hours in the beginning. If he toiles, praise him profusely and allow him to spend some time in the house with you. You can spend time training, handling or playing with him. If you are busy, you may umbilical cord him by tying his leash around your wait. When the puppy is on an umbilical cord, he simply follows you wherever you go. You may want to carry a favorite toy to keep him entertained. (Demonstrate this method with one of the pups in class). After about 20 to 30 minutes, take the puppy outside to toilet again and then place the puppy back in his crate. Repeat the above procedure every two hours.

If you take the puppy out after two hours and he does not toilet, place him back in his crate for another 30 minutes. This is not to serve as a punishment but as a way to prevent accidents. When you take the pup out after an additional 20 minutes, he should toilet and can then have time with you in the house.

The puppy should also be taken outside to toilet within 15 minutes after it has eaten or drank water. As you get to know the puppy, you will learn what time schedule his body is on and take him out to toilet accordingly.

The puppy should be placed in his crate at bedtime to prevent accidents during the night. You should remove all water after 7:00 at night and take the puppy outside to toilet just before you get into bed. This will help the puppy to sleep through the night. At first, the puppy's small bladder may not allow him (or you) to sleep through the night. If the puppy wakes you up with crying, you will need to take him outside. Praise him for toileting but do not play with him or indulge in excessive cuddling. If you do, the puppy will be encouraged to wake you up EVERY night for an extra play session. You may also want to set an alarm clock to wake you half way through the night so that the pup can go out to toilet.

#### AS THE PUP MATURES

As the puppy matures, he will be able to spend more time outside of the crate. In general, the puppy is not reliable until he is at least six months old. This means that he must either have direct supervision or be placed in his crate at all times. Watch for signs that the puppy needs to toilet. For example, he may whine, sniff the ground or sit quietly by the door. As the puppy

matures, he can stay in his crate for up to four and even six hours if you need to be away from home. The key is to watch the puppy closely to determine his toileting schedule, bladder control capabilities, and toileting signs.

## SEPARATION ANXIETY

Separation anxiety occurs in young puppies or dogs that have not learned to spend time alone. This is a natural response, as members of the pack in the wild are never left alone. At no time does the entire wolf pack go off to hunt and tell Charlie to stay behind to guard the den! In the human world, however, the pup must learn to spend time alone.

The puppy raiser must teach the puppy that it can survive when you are not present and that he can even entertain himself during that time. The methods that we discussed earlier to make the crate pleasant and leaving the puppy in the crate for specific amounts of time will help to remedy this. In addition, the “Quiet” command should also be used to correct any inappropriate whining. You may also want to place the crate in the room where the family spends most of its time so that the puppy is still reassured that others are near.

Separation anxiety is often enhanced by emotional comings and goings. When leaving the puppy, simply praise him for going in his crate and walk away. Emotional good-byes will only build anxiety in the puppy and increase his fear of being left alone. Similarly, your comings should be non-eventful as well. When you arrive home, wait a minute or two before removing the puppy from the crate. After removing him, allow him to toilet and then spend some time giving him attention. Following this procedure will help the puppy to relax when people leave or arrive home.

## LEADERSHIP

### A. The WOLF PACK

#### PACK DYNAMICS

As you know, dogs are descended from wolves. While they have been gradually domesticated over thousands of years, dogs still retain some of their original instincts. One of these instincts is called a pack mentality. Both wolves and dogs live in packs. Unlike the wolf, however, a dog’s pack consists of any being living in the household. This means that all family members, other dogs and even cats are part of the puppy’s pack.

Within a pack, there exists a well-defined hierarchy. At the top is the leader or alpha. The hierarchy descends down to the bottom member of the pack. The pack does not function as a democracy. It is geared toward survival, which means that the strongest member must always be the leader. If a leader shows ambivalence or weak skills, he will naturally be challenged in order to ensure pack survival.

#### LEADER PRIVILEGES

While being a leader entails much responsibility, it also comes with certain privileges. Let’s briefly discuss some of these privileges:

- a. The leader of a pack is entitled to the best food and always eats first.

- b. The leader has the first choice of sleeping places.
- c. Subordinate pack members groom the leader.
- d. The leader has first choice of toys, bones, etc.
- e. The leader has mating privileges.
- f. The leader is responsible for protecting the pack's territory.
- g. The leader chooses where the pack will hunt, move, etc. and always goes first.
- h. The leader is fun.

## B. ESTABLISHING YOURSELF AS LEADER

The "higher" animals like dogs, cats, primates, dolphins, whales, and humans are learning machines. Their brains are built to learn. The trainer's task is to simplify the learning process rather than to complicate it. It is imperative that you and your family members help by establishing yourselves as pack leaders from day one. The puppy must ALWAYS be at the bottom of the pack. Let's discuss some ways to establish and maintain your leadership.

- a) Always be consistent. If you give the puppy a command, be in a position to insist that he does it. For example, if you tell the pup to "Sit", then you must place the pup in a sit if he does not do it on his own. Never tell a pup to do a command without being able to enforce it.
- b) Be fair. Set limits for the puppy and TEACH him those limits. If you have taught the pup not to dig in the trash and he persists, he deserves a correction. However, if you have ignored this behavior in the past, it is not fair to suddenly get mad and yell at the puppy.
- c) Be objective. A good leader never loses his temper or becomes emotional. A puppy will naturally react to your emotional state. Always correct the puppy in a calm, firm voice. NEVER yell at or hit the puppy. If you become frustrated with the training session, end the session until you are feeling more relaxed.
- d) The puppy should earn praise, attention, play times and treats. Before giving the pup any of these, make him do something. At first, this might be a simple sit with some help from you. As the pup matures, you should give him more complicated tasks to do. Just as you must earn the money for the mortgage, rent, and food, the puppy must earn his pleasures in life.
- e) They should never enter first through doorways. Tell the puppy to "Wait" as you approach the threshold. We will discuss "Wait" command in class later today. When you are ready, tell the pup "Let's Go".
- f) A leader never moves around a subordinate pack member. If the pup is lying in your way, tell the pup to "Move". You can use your feet to initiate this. The puppy must learn to move out of your way as he sees you approaching (demonstrate this in class).
- g) A leader is always dependable. The puppy must be able to trust that you will provide for all of his daily needs in a proper manner. This includes food, exercise, grooming and attention.
- h) A leader is fun. After all, who wants to listen to someone who is always grouchy and serious? Play games, cuddle and have fun with the puppy. Just remember to set limits and follow the rules that we discussed

When all human members of a pack follow these rules, the puppy will develop into a well-behaved member of the household. Children who are too young to establish their leadership, should always have adult supervision when interacting with the puppy. The animals in your

household will work out the hierarchy amongst themselves. It is natural for an older dog to correct a puppy that has gotten out of line or for a cat to show the pup just what behavior will be tolerated. As long as the pup is not injured, let your pets do their part in setting limits for the new pup.

## WEEK 1 LESSONS

### **Release**

#### Reason

- To teach the puppy when it is finished with a command
- To allow the puppy to relax, explore, play or relieve himself

#### How to teach:

- When a puppy is performing a command, tell him “Release” when that command is no longer needed
- Encourage him to move about by calling to him, clapping your hands, showing him a toy, etc.

#### Tips

- Give the Release command whenever a command is finished (unless you give another command such as Sit and then Down)
- Minimize the reward that the puppy receives for Release
- Allow the puppy to do whatever it wants with the exception of inappropriate action (e.g., pulling on the leash, eating trash, etc.)

#### Homework

Use the Release command to allow the puppy to eat his meals, exit the crate, have freedom on his leash or finish a command

### **HURRY**

#### Reason:

- To teach the puppy to toilet on command
- Especially essential in public and bad weather

#### How to Teach

- Take the puppy outside on leash
- Release the puppy
- As the puppy toiles, calmly repeat “Hurry”
- Do not say the hurry command BEFORE the puppy toiles until sure that the puppy understands the command (approximately 4 months old)

#### Tips:

- Remember to say the command WHILE the puppy is toileting

- If the puppy toilets in an inappropriate place, simply remove him; say the command and praise him only when the puppy toilets in an appropriate place

#### Homework

Toileting should occur at least every two hours in the beginning

The puppy should be closely monitored to minimize accidents

#### **Quiet**

##### Reason

- To teach the pups when barking and whining are not acceptable

##### How to Teach

- Fill a squirt bottle with half vinegar and half water
- When the puppy whines or barks lift his lip and spray in his mouth
- At the same time say calmly and firmly, “No, Quiet”
- When the puppy quiets, calmly praise him “Good Quiet”

##### Tips:

- Correct the puppy only when it is barking or whining inappropriately
- Give a lot of praise when the puppy is quiet

## **Kennel**

### Reason

- To teach the puppy to enter a crate or kennel on command
- This command can be used at home and for crates in the car
- Used in advanced training and by graduates

### How to Teach

- Place a few toys in a crate and leave the door open
- Show the puppy a treat and lure him into the crate
- As the puppy enters, give the Kennel command
- Give the puppy the treat and praise him
- Give the Release command and allow the puppy to exit

### Tips:

- Ensure that the Kennel command is given while the puppy is entering the crate
- It is important that the puppy receive the greatest rewards while he is in the crate and not when he is released

### Homework

The above should be practiced every time that the puppy goes into a crate or kennel

Do not give the Kennel command before the puppy goes into the crate until you are sure that he understands it (approximately 3-4 months old)

## **Wait**

### Reason

- To teach the puppy to wait before exiting a crate to kennel which builds self control and ensures the puppy's safety
- To teach the puppy to wait at doorways so that he enters either with or after the handler; enforces the handler's role of leader

### How to Teach For The Crate

- As you are opening the kennel door, tell the puppy to "Wait"; his paws cannot cross the threshold
- If he tries to exit, push the door into him and tell him "Don't, Wait"; an alternative correction is the squirt bottle
- When he waits, tell him calmly "Good Wait"
- After a few seconds, tell him "Release"
- Build for time in small increments

### How to Teach for Walking Through Doorways

- As you approach a doorway with the puppy on leash, give the command “Wait”
- If the puppy does not wait, give a sharp leash correction straight back; (remember not to pull the puppy back, just correct)
- When the puppy waits, praise him with “Good Wait”

### Tips:

- Ensure that the Wait command is given as the puppy approaches the threshold
- It is important that the puppy receive the greatest rewards while he is waiting and not when he is released; however, do not become so excited that the puppy breaks his command

### Homework

Practice the above two procedures and build for time as the puppy becomes more successful  
Vary the waiting time so that the puppy does not learn to predict when the Release command will be issued

When the puppy become successful at waiting at doorways with you, you may then advance to stepping through the doorway first and having the puppy wait on the other side