

## BASIC: Week 6 lesson

- A: HEEL- verbal only
- B: ROLL- reinforce
- C: UNDER- verbal only
- D: SIDE- reinforce
- E: BED- verbal only
- F: STAND- verbal only
- G: OUT–verbal only

## LECTURE

### Nutrition and Exercise

## NUTRITION

Dogs need to be fed a high quality, nutritious meal twice daily. CCI recommends two feedings a day to keep up the dog's metabolism. Treats are acceptable, however, they should be small in order to give the dog a taste and not a meal! If you do give the dog a milkbone, decrease his food accordingly. Low calorie treats such as raw carrots, broccoli, or cauliflower are often well received if the pup perceives them as a "cookie". If a dog seems to always be on the verge of "starvation" but is at a healthy weight, try adding raw vegetables or canned pumpkin to his food. This will help to decrease those hunger pangs and his waistline!

It is important to keep the pup at an appropriate weight. Dogs who are overweight are more susceptible to hip and elbow dysphasia, heart disease, and other medical complications. The best way to tell if a dog is at an appropriate weight is to place it in a stand and place your hands lightly on his rib cage. If the dog is at a healthy weight, you should be able to feel the outline of his rib cage but not each individual rib. If you can feel the individual ribs, he needs to gain weight. If you cannot even feel the rib cage, he needs to lose weight. As puppies hit growth spurts, they do tend to fluctuate in weight. If you have any doubts, ask your veterinarian or trainer.

## EXERCISE

Exercise is an important part of a dog's daily routine. It aids in physical development and coordination as well as mental health. While walking is often the preferred form of exercise for people, dogs often need to run to burn off energy. We are going to talk about a few exercise options for puppy raisers. It is important to remember that dogs who are ten months and younger are still developing. Therefore, they should not be encouraged to jump or perform high impact activities such as jogging with their handler. Running on their own accord is acceptable, as they will regulate themselves.

A. Play hide-and-go-seek with the pup in your back yard. Have one person hold and distract him while you hide. Call his name, clap your hands, or whistle to help him find you (do not use the "Here" command). When he finds you, reward him with a lot of praise and petting.

B. Have the puppy chase you around the yard. You may want to use a favorite toy and plenty of enthusiasm to get him to follow you. Let him catch you every once in a while and then give him the toy and plenty of praise and petting.

C. Throw an object for the dog such as a Frisbee or ball. It is best to use a variety of toys so that the pup does not become obsessed by a particular toy. When the pup brings it back to you, praise and reward him. When he does not bring the object back, ignore him. Never chase the puppy or continually call him to you. If you want the puppy to bring the object back so that the game can continue, put him on a long line or flexi-lead.

D. Invite the neighbor's dog over to play. Play sessions between one or two dogs facilitate good manners and expends a lot of energy. Be sure to supervise play initially to ensure that it does not become aggressive or overwhelming for one of the pups.

\*\*CCI does not encourage the use of dog parks as the puppy raiser has little control over the environment and less control over the puppy. We have seen too many dogs ruined from fights at dog parks and feel that the benefits do not outweigh the risks. We do, however, encourage puppy raisers to trade phone numbers and arrange play sessions.

E. Purchase a large, hard ball (found in many pet stores) or use an old soccer ball. Kick the ball around the back yard. Play fetch or let the dog roll it around on his own. Give the pup a lot of encouragement.

F. Take the pup hiking. While this is not running, a good hiking trip often lasts at least two hours and usually involves some hills or mountains.

Providing the puppy with the proper nutrition and exercise is important for good health and a good working attitude. You should consult your trainer and veterinarian if you have specific concerns or questions.

## BASIC Week 6 LESSONS

### **Lesson A: Heel (no movements; straight positioning)**

#### Reason

To teach the puppy to SIT in the correct position by the handler's left side  
Graduates use this command when they need the dog on their left side (e.g., opening nonautomatic doors which swing open to the right), to move the dog from any position to their left side and in crowded conditions where the dog must be directly next to the chair

#### How to teach

Begin by giving the SIT command

Move so that you are directly in front of the puppy with his nose almost touching the front of your legs

Give the Heel command as you do the following:

At the same time, the pup should move into position with minimal encouragement

If he fails give appropriate correction (lesson #4)

When the pup moves parallel to your knees (facing the same direction as you, he should SIT

Praise the puppy and tell him "Good Heel" (you may also give him his favorite treat or toy)

Tell the puppy "Release" when you finish the Heel command or tell him to Stay and repeat the above sequence

Tips

Keep sessions short

When the pup is moving into the Heel position from a position facing the handler, the pup should walk towards the handler and turn a tight circle slightly behind the handler and in order to move into the proper Heel position

If the puppy Sits out of position, simply tell him "Heel" while taking one step forward with the pup; praise the puppy once he sits in the proper position

If the puppy sits too far behind, encourage him up to you while giving the Heel command or walk forward as described in the previous tip

Always follow a successfully completed command with praise; you may use treat or toy rewards for the more difficult commands and gradually reduce the treats or toys as the dog becomes more successful

Homework

Practice the Heel command as described above at least 6 times per day

## **Lesson B: Roll**

Reason

To teach the puppy to roll onto his back on command

Used for grooming, health checks and belly rubs

How to teach

Begin by giving the Down command

Using a treat, lure the puppy's head over his back; this will cause him to slowly roll over in order to keep the treat in sight

When the puppy is lying on his back, say, "Good Roll. Give him the treat and a calm belly rub

Give the Release command

Tips

Keep sessions short

Keep your hand steady as you lure the puppy into position

Place your hand on his belly just under his rib cage to help calm and relax the puppy

You may need to physically help the puppy complete a Roll in order to teach him the proper position; follow with praise and a treat

Vary the amount of time that the puppy is in a Roll position so that he does not anticipate the Release command; keep the time periods short at first (e.g.: 1 second; 3 seconds or 5 seconds)

Begin teaching this exercise in a calm environment without the presence of other dogs

Homework

Practice the Roll command as described above 3 times per day. Work up to a 1-minute Roll-Stay

### **Lesson C: UNDER (verbal only)**

Reason

To teach the puppy to move under objects (e.g.: tables, desks, chairs, etc.) and automatically lie down

The UNDER command puts the puppy in a place which is safer for themselves and others  
Once the UNDER command is learned, many pups prefer this command as it provides a safe, quiet place similar to a wolf's den

How to teach

Begin by standing directly next to a standard sized table or desk with the puppy

Give the 'UNDER' command

If the puppy is hesitant, correct him; if you have to return to the leash lure, be sure to practice this exercise at home so that the pup can do a UNDER on a verbal command

The puppy should do an automatic down; if not, give him a firm, downward correction

Tell the pup 'Good UNDER' and give him a reward (toy or treat)

When the exercise is finished, give the Release, the Let's Go or the Here command according to your next exercise

Tips

Keep sessions short

Remember not to repeat the UNDER command

As the puppy becomes more successful at the UNDER command, gradually wean him off rewards other than praise

Homework

Practice the UNDER command as described above at least 5 times per day

### **Lesson D: Side (see lesson #5)**

### **Lesson E: Bed without lure (see lesson #1)**

### **Lesson F: Stand verbal only (front of pup; 30 seconds)**

Reason

To teach the puppy to hold a firm stand while being groomed or at the veterinarian's office

To prevent the puppy from Sitting or lying down on undesirable surfaces (e.g.: mud, sticky floors, etc.)

How to teach

Give the Stand command

Give a Stand command and move directly in front of the pup

Count 30 seconds and return to the side of the puppy

Tell the puppy "Good Stand"

After a few seconds, tell him "Release"

Tips

The pup should move from a SIT to a Stand without walking forward; he may move his legs slightly to adjust his weight

Homework

Practice the Stand 3-5 times per day

Vary the waiting time that the puppy stays (30-60 seconds) so that he does not learn to predict when the Release command will be issued

**Lesson G: Out without food lure (see lesson #2)**