



**Before you start:** Ask yourself if you have the time, patience and consistency to guide your new family member into your HOME!

**Remember:** The way you welcome them into your home is the way they would respect it!

Love is one of the most important things in their life but it does not teach them to behave and to respect!

Along with love, we need to include Exercise—Discipline—Correction, the recipe for success!

## **House Breaking Methods**

Wee Wee Pad

Crate, Playpen training

Chain training

### **From Wee Wee Pad to OUTSIDE training:**

The Wee Wee pad is commonly used by a breeder or store; it helps setting the routine of eliminating outside. After you limit the space for your dog to roam around (crate, playpen, leash, etc.), place the used wee wee pad outside, where your dog will go to in the future. (The purpose of the soiled pad is to make it easier for your dog to associate it with going to the bathroom.) At the beginning, leave the pad at the same place and bring your dog back to it. Later, move the pad away and eventually eliminate it. You must choose a spot for him/her and be consistent about it over and over again. This will help your dog associate the spot with going to the bathroom. (The rest of your lawn can stay green☺) You should not keep wee wee pads in the house, as it would confuse your dog about the routine you are trying to accomplish.

Once back in the house, keep the dog supervised or in a crate.

### **Crate/Playpen/Leash training:**

Choose your crate wisely. It should be large enough for your dog to be able to lie down comfortably. Do not give extra space, as it may cause accidents. You can use the insert to make the crate smaller for puppies. Have a chew toy for them inside to keep them occupied.

\*\*\*No Food or Water in the crate\*\*\*\*

While your dog is house training, it's necessary to keep the freedom/space limited no matter what his age is. Your dog should go from the crate straight to the chosen spot outside to go to the bathroom. To make it easier on yourself and the dog, the best time to pick the spot is in the morning.

Make sure that neither you, nor the dog gets distracted while you take him outside or while you are out there.



Allow enough time to practice this because your energy rushing the dog to do his business could also be distracting. Once your dog has eliminated, you may reward him by saying “good boy/girl” (positive reinforcement will help your pup understand he/she did a good job).

We recommend that you drain your dog's energy as much as you can, so when you bring him back inside, he would sleep until the next time you bring him out. Try to stretch the time between walks, so your dog can get used to being in the crate for a longer period of time.

Generally, all dogs (except dogs with medical problems, bladder issues etc.) should have a four-hour window between walks. It might seem like a long time to be in a crate, but remember, your dog mostly sleeps through the night, which in some cases could be 6-8 hours. By limiting water and food in the system, you have more control over time. So, if your day starts at 6 a.m., your schedule is 6-10-2-6-10. You can adjust the time to fit your schedule. You may give water at 6-10-2-6, but not after that. If you can't take time out of work/school, or have no one to come in the middle of the day to take your dog out, you must limit the food and water intake. Your dog may show a lot more curiosity toward water while training, which is not necessarily a sign of thirst or dehydration. It happens because we are controlling the intake. In his mind, he is not sure when he gets water again. The animal mind isn't logical; therefore he might try to drink as much water as possible even if he isn't thirsty. If you are concerned that he needs more water, you can give him an ice cube; this may also keep him entertained for a while. 😊 After your morning and afternoon walk, you can give him measured food and water.

### **Be consistent and patient**

The feeding schedule and water intake is extremely important!!

Be consistent about timing; measure the food and water intake and give it to him after the morning and afternoon walks. Always give more food in the morning, it will give him the energy he needs throughout the day. After eating, he will need to go out again... give him time, he will go! Back to the crate or supervise! Limit the water intake during training; this will help you and your dog to stay on a schedule you can manage. Your dog will not dehydrate because you are controlling the water intake (3-4x a day)... keep it limited.



**Trouble Shooting - *If an Accident Happens***

Roll up a newspaper, walk up to your dog and HIT YOURSELF on the head because it was your fault not the dog's! ☺

But seriously...Dogs do not think logically---They think instinctively!!!!

We DO NOT believe in punishment!!! We believe in EDUCATION!!!

**Some problems are**

- Lack of Supervision
- Too much food or water
- Too much space given
- Lack of consistency

If it already happened, do not see it as a failure but as an opportunity to correct the problem. If dogs were logical about their actions, us trainers would have nothing to do.

Dogs don't change, they only adjust to you!!

So watch your body language, energy and actions!!!!

They speak louder than your words!!!!



### **House-training:**

- Crate> Outside-----Crate> Outside!
- Always have a leash on except while in crate.
- Be ready (shoes, jacket on, keys with you etc.) to go straight outside.

*ANY DELAY CAN CAUSE AN ACCIDENT!  
We Believe in PREVENTION NOT PUNISHMENT!!!*

-Once outside: YOU choose a spot where your dog will go to the bathroom every time you bring him outside. Try to eliminate distractions that might take your dog's attention away from doing his business.

-If it's a success ---Prase him for it (good boy/girl).  
Positive reinforcement is very important for your dog so he can associate that with doing a great job! For the first couple of days, you have to be strict to set the right schedule. Just because you're strict, it doesn't mean that you're MEAN!!!

-Back inside: Keep the leash on and you can snuggle a little...  
Do not let him roam around in the house!

-If it's not a success or you can't supervise--- back to the crate!

-Always walk before meals/feeding.  
(It's harder to walk with a full stomach ☺)

-Feeding: try to aim for the same time each day!  
Recommended 2x/day. Do not leave food or water out or in the crate!!!!!!!!!!!!  
(if he is not finished eating after 2-5 min., take away the food and water and wait until the next feeding. Water can be given 3-4x times daily. No water after dinner until morning.) The idea is to supervise everything so we can set a great schedule for all of us.



## **Baby Steps w/Zen-K9**

When meeting a dog for the first time, be careful how you communicate because your actions may trigger a reaction in the dog.

Every step/movement you make (breathing, energy, excitement, etc.) might trigger the dog's behavior/reaction toward you.

Balanced dogs communicate with their nose (sniffing helps them get an idea of who you are and where you came from) and not with their mouth (barking, biting etc.)

Dogs that bark or try to attack should be approached entirely differently. Each time you enter a home, stay calm and relaxed (breathe). Stay assertive, however about claiming your own personal space-- they need to respect that, especially if there is a behavior problem. Giving affection or pleasing an unbalanced dog is going to reinforce the bad behavior... save it for later when they are doing something you want them to do.

## **Claiming your space**

Enter the house/room with a calm assertive energy and work toward getting the dog into a smaller space (corner/hallway). If he is barking, jumping, excited etc. you approach by moving the dog into the corner and blocking him from getting past you. Once he is in the corner and calm with his position lowered (this could take a few minutes) you can reassure him he did something good---"Good Boy/Girl". While doing this exercise, have a signal that you will always use to keep your dog's focus on you, such as: hey, shush, snapping etc.

Reassurance is one of the most important tools in our training, because dogs live in the moment and we want to reassure them "that moment" is safe and controlled by us so they can relax.

If the dog is calm but fearful or confused, you can absorb the behavior first (do not let the dog jump on you nor give him affection at this time). Keeping your personal space, move toward him—if he jumps or behaves in any unwanted way use the chosen signal (shush, hey, snap etc.) while moving forward and getting him into a corner. This training method is what animals do in the wild...the pack leader would use body language, noises, etc. to get the dogs focused on him/her.

In the mentioned situations, your goal is to corner the dog, where you will start your 'BABY STEPS'



## 1 Step forward 2 steps back

(beginner)

This exercise will teach limitations and boundaries, also that everything has to happen or is allowed only by your Invitation. You are not MEAN when you are teaching your dog what is not allowed you are teaching him how to travel from A to B with purpose!!

Before you start, be sure the leash is on and laid out toward you on the floor. This will help you later with invitation and also prevent them from moving in the wrong direction.

Working in a corner/hallway makes it easier and more controlled.

Every move you make from now on might trigger your dog to escalate its position or to try to travel out of that corner. We need to reassure before we even make a

signal (snap, shush, hey etc.) and step toward him.

not moving. If he starts to move, step toward him using your signal and get him back to his spot. Be patient and consistent. This could take some time. While you are moving away from the dog, take two assertive steps back and one forward with your signal. You will slowly gain distance from your dog, and he will stay in the spot.

Once the dog is in the corner, calm and relaxed, you may invite him exactly to where you are (extremely important that he knows you are not just inviting him out of that spot, but he has a final point he needs to reach, otherwise you will train

When moving by invitation from A to B, he needs to start and finish in a sitting or laying down position. If you invited the dog to come to you and it failed, that is why you have the leash for guidance (tug on the leash toward you, while you are saying come.) Repeat this until you feel comfortable.

## 1 Step forward 2 steps back

(advanced)

Now that you are comfortable with the beginner exercise, which helped your dog understand that he has to stay in one spot until invited (without any triggers/distractions), we can move onto our next baby step by bringing you and your dog into a more difficult level of training.

distractions/triggers in that corner, except for you. Now, we will move the dog into a more open space (middle of the living/bedroom etc.) this way we create more challenges around ourselves. You will practice the beginner exercise but in a more open space without a corner. Make sure the leash is on and laying in front of you, in case you need to step on it to stop the dog from running away from you. Work those steps and make sure your dog stays in a sitting or laying down position while you are moving away from him.



Having the dog laying down will give you extra time to correct, in case your dog decides to roam. Remember, keep reassuring with your signal and your assertive steps, even if the dog isn't misbehaving. This will teach your dog to keep his focus on you instead of the things around him such as: noises, other people, animals, etc. Once your dog is calm and relaxed and is focusing on you, you may invite him out of that spot to move to you (use the leash in case he decides to roam). If you completed this exercise successfully a couple of times and you feel your dog is in rhythm with you, you may start adding some distractions (toys, food, etc.) while you keep your dog in the same spot. We often hear people say "my dog doesn't come when I call him"...

*Without realizing it, you are training your dog  
to **Stay** and **Come***



## **DOGTOR**

### Steps to create a better K9

- Receive as much information about the dog as possible from the owner before meeting the trouble maker ☺ for the first time.
- The way you approach should always depend on the behavior problem, stay calm and relaxed but assertive.
- Communicate properly, claim your personal space.
- Refer to Baby Steps beginner or advanced depending on the dogs behavior.
- It's time to address the problem you were called for.  
Jumping, barking, biting, house breaking etc.
- On leash walking in the house adjusting the dog to your walking/stopping rhythm, preparing him to be in sync with you.
- Recreating triggers and distractions that caused the problem to occur. (knocking on the door, barking, getting the leash, putting your shoes on, getting your keys etc.)  
Keep reassuring the dog to stay calm and relaxed, snap the mind out of focusing on the triggers/distractions.
- We often hear people say “my dog walks me, pulls me, jumps on people” etc.  
The way you leave your house affects the way your dog will react outside.
- Have a structured walk from door to door. Before walking through each door or other challenges, have your dog sit.  
Do not start moving until the dog is completely calm and focused on you.
- While outside, use a firm tug/snap up and toward your hip with the leash for correction. Use your chosen signal at the same time to reassure the dog that he still has to focus on you.  
Couple of steps. Stop. Make dog sit. Repeat a couple more times.
- Make sure your dog stays right next to you and even if he is not pulling, give a little reassuring snap on the leash to keep him traveling at your pace. The more you keep his focus on you, the less he would become distracted by other things around him.
- Once back in the house, direct him to his place/bed to relax.
- Keep the leash on for a while, so you have easy access to control the dog from unwanted traveling in the house.

**REASSURE, REASSURE, REASSURE, SO YOU DON'T NEED TO CORRECT!**