

**:: INSIDER DOG TRAINING SECRETS ::**

**VOLUME ONE**

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## **INDEX**

**Dog Training the Gentle Way: The Sit Command**

**Hot Tips On Dog Training**

**Dog Training: What Is Dog Training?**

**Simple Method to House Train Your Dog**

**5 Tips for Training Dogs Successfully**

**Dog Training Tips that Work!**

**Selecting Dog Training Collars and Harnesses**

**Stop Your Dog from Digging Up Your Yard**

**Training Your Dog to Come When It Is Called**

**Dog Training: Dealing With Separation Anxiety**

**Author Credits**

## **Dog Training the Gentle Way: The Sit Command**

by: **Jennifer Ivey**

Dog Training using positive reinforcement techniques is the gentle and humane way to teach your dog the rules. You will be fostering a loving relationship with your dog instead of intimidating and scaring your dog into submission. In this article you will learn the basic steps to teach your puppy or adult dog to sit.

1. Put a leash on your dog so they cannot wonder off while you are working with them.
2. Put some treats in a closed fist so they can smell them but not see them. If your dog sees the treat each time he will learn to only obey when you have food in your hands.
3. With your finger draw an invisible line from the dog's nose between the eyes to the top of the head as you say sit. The head will move back to follow your hand and therefore push the bottom down to the ground.
4. As soon as the dog's bottom touches the ground, say "Good Sit" and give them a treat and praise them excitedly.

Below are some Dog Training Tips for successfully training your dog to sit.

1. Keep your bait hand low. While moving your hand over the dogs head, make sure that your hand is not too high or the dog will jump to reach the treats. Your hand should only be a couple of inches over the dogs head.
2. Do not force the dog. Resist the urge to push the dog's bottom down if they are having a hard time learning how to sit. Just be patient and keep trying to slowly draw a line over their head with the treat and they will learn.
3. The dog will need to be weaned off the treats. During the first week use the treats heavily. During the second week start mixing the treats up giving every other time or every third time while continually using praise and excitement. After about 3 weeks treats will no longer be needed and you will be the only reward your dog will need.
4. Even after you wean off the treats, continue to use the sit hand signal as well as your voice. The benefit of using hand signals and voice commands simultaneously is so when you are in a situation where you cannot use your voice to give your dog some direction, such as talking on the phone, you can give your dog a quiet hand signal without disrupting your phone call.
5. Label your commands. When giving your dog a training command, label the action, not the dog. When your dog sits, tell them good sit, not good dog. Your dog will learn the command faster because they hear the command word again and they are praised for the specific command.

6. Keep training sessions short. If you are training a puppy, keep your training sessions under 10 minutes. It is best to have several short training sessions per day so that your dog will not get distracted.

7. Be consistent. Everyone in the family should be involved with training your dog. Children as well as adults should learn the commands so the dog sees ALL humans as dominate and therefore listens and obeys everyone equally.

**EDITOR'S NOTES:** You can train your dog using this gentle but firm technique. Using treats is smart at first, but be sure to gradually reduce their use. Use strong voice commands and keep your training sessions short. Lastly, get the entire family involved and enforce routines. Success is up to you!



## **FUN QUOTES**

*Don't accept your dog's admiration as conclusive evidence that you are wonderful.*

~ Ann Landers.

*If there are no dogs in Heaven, then when I die I want to go where they went.*

~ Will Rogers.

*Dogs are not our whole life, but they make our lives whole.*

~ Roger Caras.

*The average dog is a nicer person than the average person...*

~ Andy Rooney.

## **Dealing With House Training Your Dog**

by: **Burt Cotton**

House training is one of those issues that every dog owner must grapple with. In most cases house training is the first major milestone in the relationship between owner and dog, and it can sometimes be difficult and confusing for owner and dog alike.

The best house training procedures are those that use the dog's own instincts to the owner's advantage. These strategies take into account the dog's reluctance to soil the spots where he eats and sleeps. This is the concept behind den training and crate training. Dogs are very clean animals, and in nature they always avoid using their dens as toilet areas.

These kinds of natural training methods generally work very well, for both puppies and older dogs. Naturally, older, larger dogs will need a larger area for their den, and crate training is generally best used for puppies and small dogs.

When house training a dog or a puppy, however, it is important to pay close attention to the signals the dog is sending. It is also important to be consistent when it comes to feeding times, and to provide the dog with ready access to the toilet area you establish on a regular basis.

It is important as well to never try to rush the process of house training. While some dogs are naturally easier to train, most puppies and adult dogs will experience at least one or two slip ups during the house training process. When these accidents occur, it is important to not get mad and punish the dog. Accidents during house training usually mean that the owner is trying to move too fast, or that the dog has been left alone for too long. In this case, it is best to just take a step back and start the process again.

It is also important for the owner to reward the dog enthusiastically when it does its business in the appointed area. The dog should learn to associate doing its business in its toilet area with good things like treats, rewards and praise.

During the house training process, the den area starts out very small, often as small as half of a small room in the beginning. As the dog learns to control his bladder and bowels better, and the owner learns to anticipate the dog's toilet needs, the den area can be slowly expanded. It is important not to make the den area too large too soon. The den area must be expanded slowly in order for the house training process to move along smoothly.

It is important for the dog to be properly introduced to its den. Many dogs, particularly those who have never been confined before, such as those who have spent their lives as outdoor dogs, may react to the den area as if it is a prison, and constantly whine, cry and try to escape the den. It is important that the dog learn to accept its den as a home and not a cage.

One problem many dog owners overlook when house training a dog is that of boredom. Boredom is actually the root cause of many behavior problems in dogs, including chewing and other destructive behaviors. Boredom can also be the root cause of problems with house training. Dogs that are bored often consume large amounts of water during the day, and this excess water consumption can lead to the need to urinate often, even in its den area. Since soiling the den area goes against the dog's nature, he can quickly become confused and frightened, thereby setting the house training program back even further.

To prevent the dog from becoming bored when you are away from home, be sure to provide him with lots of different kinds of toys, as well as a safe and secure place to sleep. In addition, a vigorous period of play time can help the dog sleep while you are away. In addition, playing with the dog in its den area will help him bond with this area and recognize it as a safe, secure home.

***EDITOR'S NOTES:*** Your best chance for success is to capitalize on your dog's instincts. Your dog knows what to do, but not where to do it. Pay attention to your dog's eating habits and how that relates to potty time. Animals are surprisingly regular. Treat your dog with respect but maintain control and enforce regularity. Plan ahead, be firm but gentle, and prepare to succeed.



*There is no psychiatrist in the world like a puppy licking your face.*  
~Ben Williams

*We can judge the heart of a man by his treatment of animals.*  
~ Immanuel Kant.

*A dog is the only thing on earth that will love you more than you love yourself.*  
~ Josh Billings.

## **Hot Tips On Dog Training**

by: **David Amos**

### **INTRODUCTION**

Dog training is one of the most important things you can do for your pet. It will greatly improve the relationship between you and your dog.

Dog training will give you a means of communicating with your dog. The most obvious way it can help with communication is by teaching your dog to respond to commands. Next time you come across your dog ripping apart your favorite pair of slippers, you will be able to use simple oral commands to stop the destruction. Dog training will also improve communication by allowing your dog to find its place within your household social hierarchy. By teaching your dog to sit and give you its paw, you are telling the dog that you are in charge. When your dog obeys your command, it is recognizing your position.

Dog training can also protect your dog. A dog that has been properly trained won't go chasing after a bouncing ball into traffic. A dog that has been properly trained won't take a nip at other dogs or pedestrians when you are out for walks. A dog that has gone through dog training will be a confident dog. You will also be able to give it more freedom to do things like run off the leash when you know it will return on your command.

Finally, dog training can be a fun activity for you and your dog to do together, a time for you to focus all your attention on your dog. It need not be a chore, and it should never resemble an extended punishment.

### **DOG TRAINING BASICS**

The most important concept in dog training is the reward. Rewarding your dog with treats is the fastest and most pleasant way for your dog to learn new commands. While punishing your dog has its place in most dog training regimes, it should be used sparingly. If all your dog ever receives is punishments or reprimands, your dog will quickly learn to ignore or avoid you. This will make it extremely hard to properly train your dog.

### **WHEN TO START DOG TRAINING**

Dog training should start as early as possible. While you may not see immediate benefits, and many doubt puppy can actually be trained, it will at the very least set the stage for successful dog training later in life. The methods you use to train your dog will seem familiar and a part of its daily routine. This is not to say that you can never teach an old dog new tricks. Just be prepared to put more effort into it than you would with a younger dog, and to always be patient.

## FINDING A DOG TRAINER

While there are many resources available for you to train your dog on your own, the easiest way is to use a dog trainer. You should spend a lot of time picking a dog trainer, however, as bad training techniques could be very damaging to your dog.

Anyone can call himself or herself a dog trainer. It is therefore important to only use a dog trainer that has been glowingly recommended by someone with well-trained dogs, or by a reputable organization such as the ASPCA or other humane societies. And before spending any money, ensure that the dog trainer uses methods you are comfortable with. Visit the facility and see a dog training session in action. If you see any signs of cruelty or hostility by the instructor towards the dogs, find someone else.

***EDITOR'S NOTES:*** Dog training is very much about communicating with your dog, not just getting your dog to obey your commands. It is also about safety for you and other people, but also your pet. Start when your dog is young, be consistent, and find the right trainer, especially if you aren't having much luck. Make the magic happen!



*Whoever said you can't buy happiness forgot about little puppies.*  
~ Gene Hill

*When a man's best friend is his dog, that dog has a problem.*  
~ Edward Abbet

*Every dog has his day.*  
~ Miguel de Cervantes

# Dog Potty Training

by: Michael Willmore

Potty training for your dog! Well that's something you better take care of, or you're going to regret it forever. If you have given a proper training to your dog, you can trust him to defecate or urinate only in the place you have selected for him. It could appear a little tough in the beginning and certainly frustrating when you're starting out, but patience will get the job done for you. Here are some tips on how you could go about the job.

Your dog's an animal

Remember that all said and done, your dog is an animal and that he's going to follow his animal instincts unless he's taught otherwise. Getting angry at your dog doesn't help as that is probably going to leave him confused and probably frustrated. Your dog also needs to recognize that you are the person who's calling the shots and learn to obey you always. So train your dog by teaching him. Use a mixture of rewards and punishments by all means, but let the rules of the game be clear. Also use punishments sparingly. It would help you retain the value of the punishment, which will be lost if it is too frequent. This is true not only for potty training but training your dog in general.

Food

Your dog's food may have more to do with his potty habits than you might think. If you are feeding him with food that generates a high amount of waste you are obviously asking for trouble because then your dog's going to have to defecate more often to get rid of the higher levels of waste. What constitutes a high waste food? Foods rich in sugar or fiber content are generally low on nutrition and generate higher wastes. You should consult your vet on the diet that would be most appropriate for your dog and then follow his advice.

Schedule

Habits are formed through a process of repetition. If you follow a strict schedule for feeding your dog and allowing him to relieve himself, you are inculcating a habit. Take your dog out first thing in the morning and feed him only after he has finished his "bathroom" duties.

Recognition

Dogs crave for recognition. You need to praise good behavior just as you need to reprimand bad behavior at times. You can show your recognition through your tone, repetition of certain appreciative words or a pat on the back. When you are taking your dog out for relieving himself, appreciate him as you go out for choosing to urinate outside the house. Use sounds and gestures that he can become familiar with. You will find that he reacts to your gestures.

## Repetition

Repetition helps in training. Take your dog out the same way or to the same location every time he needs to defecate. This will reinforce the idea in his mind and make him associate the route or the location with the act of urinating. Choose a particular word to tell him to relieve himself and repeat this word when you reach the designated spot. Never mind if it takes a little time initially. You have to be patient. Repeat the word till your dog goes potty.

## Recognizing behavior

Very young puppies (up to two or three months) do not have much bladder control. You cannot expect them to be able to tell you in advance that they want to go to the bathroom. You will need to be observant and catch him. You will find certain behavior patterns that he exhibits by observing him, and then learn to recognize his instincts and anticipate his actions.

**EDITOR'S NOTES:** Patience is definitely important. Take your time but also take control of the situation. Although your dog is your friend, your dog is also an animal with animal instincts. Keep that in your mind at all times during training to better understand your pet, and to improve your training. As we've said before, be consistent and treat your dog with respect, but stay in control.



The more I see of men, the more I admire dogs.  
~ Jeanne-Marie Roland

You want a friend in Washington? Get a dog.  
~ Harry S Truman

## **Dog Training: What Is Dog Training?**

by: **David McFarlane**

The term "dog training" can mean many different things – this is an important fact to remember when deciding what exactly you need to do with your dog.

First, there is "behavior training".

This is the kind of dog training in which a dog is taught to be good. Usually this would include house training, good behavior around other people and dogs, and other small things that make a dog a much more pleasant companion. A well-behaved dog attracts no special notice from members of the public (apart from occasional comments about their good manners).

Next, there is "obedience training," which is teaching the dog how to perform specific activities.

This can include traditional obedience exercises such as heeling. The emphasis here is on prompt and precise performance. While there can be many overall benefits to this kind of dog training, the training is not necessarily used in order to improve the dog's behavior.

Dogs that have been obedience trained will perform tasks when their owners ask them to do so. (Although, some obedience trained dogs may well behave poorly!)

"Activity training" refers to dog training for specific activities – this could include hunting, herding, search and rescue or any of a number of activities designed to show off the abilities of the dog and his handler. These days, such activity also includes sports such as frisbee, flyball and agility.

At times, these dog training methods can cross over somewhat.

A certain amount of obedience training will help with behaviors, for example. A dog that is heeling will not pull on the leash.

You will still want to keep this in mind when selecting a training class, however, so that it best matches your needs. For many pet owners, the behavior-oriented classes are the best way to learn how to understand and control your dog. For those of you who want to enjoy a sport or compete in an activity with your dog, you will need to move along to more complex dog training.

You need to be fully aware of whether or not your dog needs behavior modification (where you will have to find out the underlying reason why your dog digs holes) or obedience training (to understand commands).

The two may be related: a dog that digs because it is bored may become less bored with obedience training and stop digging. It is important, however, to understand that the dog stopped digging because it was no longer bored not that it now knows how to heel. You will need to modify your approach, or select a trainer to help you, with behavior vs. training in mind.

Please also remember not to punish the dog whilst training.

Punishment is not a training aid. It does little to foster willingness to learn and achieve. Limit yourself to a firm "no" and to using your hands to block the dog's negative actions. Refrain from hitting or physically abusing the dog.

Display extreme levels of patience and persistence, and never give up; if you do, you are relinquishing your status as the dominant one. The dog is bound by nature and genetics to test how far he can push you or get away with disobeying you. You must display a stern and stoic attitude and do not pat, praise, or reward the dog if he does not pay attention or refuses to do as you have asked. Only yield once your commands are followed. If you "heel" instead of your dog then he will soon know who is the boss.

Use rewards and praise as often as required. Praise should immediately be forthcoming when a dog responds to any command. The pet will associate responding to commands with praise/rewards (treats) and will try and respond quicker to reap his rewards. Once a command/trick has been mastered then the treats can be withdrawn. You will find that obeying a command becomes second nature to your dog.

Keep the lessons simple. To begin with, the lessons should be fairly easy and such that the dog can complete it within two-three actions. As his level of learning increases the lessons could be more complex. Just as our children go, at first to play school, then to kindergarten, and then to the first grade so also in the case of our pets.

Whether you are a first time dog owner or a seasoned veteran, your learning never stops as far as it comes to training your dog. Each and every dog presents different training challenges, and the more equipped you are to handle these training issues the more likely you are to prevent any permanent and long term future behavioral problems.

**EDITOR'S NOTES:** Know what you would like to do with your dog and how you would like them to act. Keep in mind the various types of training: behavior training, obedience training, and activity training. It is important to be persistent and patient. Resist punishment and focus on rewards.



## **Simple Method to House Train Your Dog**

by: Sharon Stajda

How long should it take to house train a dog? It depends on several factors; your dedication, and the time you are willing to put into the training process. Other important factors include your dogs maturity and intelligence.

Dogs are instinctively clean animals. If at all possible they will avoid soiling the areas where they sleep and eat. Dogs are very much creatures of habit, and they tend to pick certain areas to do their "business", and these areas become habitual voiding areas. A good example of this: dogs that eliminate on grass or dirt will always prefer grass or dirt. They will not cooperate when concrete or gravel is involved. You can use this fact when training your dog.

I recommend the owner establish a living area for the dog as soon as you bring the dog into your home. While the dog is getting to know its new environment, it is smart to give the new family member a small space of its own. Dogs are pack animals by nature, and enjoy having the comfort of a den. I recommend this area be a small area, such as a kitchen or hallway, and an area that you can gate, when need be. (I do not recommend that crate-training or bathrooms be used as the small area.) I look at a crate for what it is; a cage.

Set up a good territory for your dog and a comfortable bed (that eventually can be moved to what ever room in the house you prefer your pet to sleep), and toys to play with. All meals should be offered in the dog's special space. It is very important that you spend time with the dog in its space. So make time to play with the dog in its own territory. This area is meant to be only a transitional space. The dogs' rights are being respected, yet at the same time the dog is getting to know a new way of life, a life that will soon include the run of a house, and a human family.

The next step is to establish an area outdoors that you wish to be your dog's toilet area. Remember, dogs will develop a habit very easily, so make sure you put some thought into the choice.

When house training a dog, you must take the dogs age into consideration. Most good breeders won't let their pups go to their new home until they are three to four months old, and are well ready to be house trained. My method of house training is tried and true. It is actually very simple, but tedious.

When bringing your new dog home, before entering the house, take the pup to the area you have designated to be his special voiding area. Let the dog play a bit in this area. With luck, the pup will work up a void. This is the best scenario. Start right off by telling your new puppy, "that's a good dog." Dogs love to be verbally rewarded. You have begun to train your dog.

It's time to bring the puppy into its new home. Introduce the dog to its special space. The first day will be hectic. Keep a close eye on the pup. If you see any tell-tale signs of "I am going to go," rush that dog outside to its voiding area.

It is smart to set up a feeding schedule. It makes it a bit easier to approximate when your dog will have a bowel movement. If possible, follow the breeder's schedule for your dog, keeping the dog on the same food it is used to eating. You will notice the dog will be fairly regular with bowel movements after eating. By rule of thumb most dogs will want to void shortly after eating. Most dogs are like alarm clocks.

Rule of thumb: take the dog out to void every two hours. (Waking hours that is). At this point I am sure you are probably saying to yourself, most dogs don't go that often! And you are right, they don't. This method of training may be a real inconvenience for a few days, but the rewards of a well trained happy dog are well worth the added trips you will be taking outside.

As I mentioned, the dog will not void each time, but he will be learning quickly that this is "the place to go".

When the dog voids, make a big old fuss. Reward with petting, verbal reward, and yes, some of the time a "goodie." Don't always offer a food treat; the dog should learn that treats do not always come after a void.

If accidents occur, take the dog outside with only a low tone verbal scold. Don't carry on terribly. Never swat or hit a dog to show displeasure. Most of the time when a dog voids in the house, it is due to human error. The human was not around or not paying attention to the dog's voiding signals. Dogs are clean animals, with a good amount of dignity. This dignity can be belittled out of a dog. So have patience when training your dog. The rewards will be great.

Nighttime Training. I suggest putting down papers as far from the bed and food areas as possible. You might be surprised with the fact that after a very few days your dog will not void at night, but wait until morning to get out to their voiding area. You see, they learn quickly that they can trust and depend on you to get them to their voiding area, and much prefer waiting then voiding in their indoor space.

This method of house training as I stated can be hectic for a few days. But I have had great success training my own dogs with this method. By following these few and simple directions, I am sure you will find it not only easy, but a speedy method to house training your new dog. As a rule, in a week's time, the dog is ready to be integrated into the home.

In regards to leaving your dog alone in the house, I recommend that they be gated in their special area until you are well sure they won't mess in the house.

Most healthy dogs can hold urine for up to 6 hours. Puppies can hold for up to 3 hours.

Until your dog is old enough and has developed a strong habit of eliminating in one area, it is very important that you accompany your dog outside every time they void. As the dog becomes older and more obedient, you will be able to let it out on its own to void. The dog should be trained to come in when called. Note: I recommend no dog be let free to roam outdoors without a fenced yard. Even the smartest dog can bolt when the right stimulus runs in its path. Remember, dogs have great hunting instincts.

Take Note: If you have a dog that has previously been house trained, and all of a sudden is having accidents, you should not try to retrain with this method. I suggest the dog be seen by a veterinarian. Your pet could be showing signs of illness, possibly infection, which needs medical attention, not re-training.

**EDITOR'S NOTES:** Dogs like to be clean and they will form habits. Combine these two traits together and you can have a well house trained dog. Be sure to establish safe areas inside and outside your home. Finally, invest time and energy early and often for a huge payoff later on.



*Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read.*  
~ Groucho Marx

*Beware of silent dogs and still waters.*  
~ Portuguese Proverb

*Artists like cats, soldiers like dogs.*  
~ Desmond Morris

## 5 Tips for Training Dogs Successfully

by: [Simon Oliver](#)

Training dogs is not a hard. You just need patience, dedication and some simple tactics and you will teach them successfully.

Here are five top tips on how to train your dogs successfully:

1. To avoid your dog getting confused and so that they can learn to recognize commands easily only one person should be responsible for training the dog initially. If too many people are trying to train the dog at the same time this can stop progress in its tracks.
2. You should use positive reinforcements. If the dog does something good, you should reward this behavior so that he will know that what he did was right. If the dog cannot understand or follow your commands, never push him. Dogs are not as intelligent as humans, they make mistakes. What you should understand is that they won't easily understand your commands in just one teaching, it takes repetition to train a dog successfully. Do not scold your dog as he might develop fear which will hinder his learning and willingness to be trained. You can use treats in order to encourage your dogs, although don't overdue it.
3. Teach commands one at a time. Try to teach him one command after the other. If he cannot absorb it, try to stay on that command only because adding additional commands will just confuse the dog. Start with the basics.
4. In executing commands, you should keep your voice cheerful so that the dog will happily follow your commands. Dogs will respond to a low and coaxing voice. If you shout out loud, he may become startled and unresponsive.
5. Train your dog in various places. If you keep your dogs in a certain place like your home, he will not be able to adjust with the environment new people. Take him to the park or through the neighborhood. This will help your dog associate with other dogs and people.

Training your dog can sometime be tough, but it will be worth it. In the end, you will be the one to benefit when your dog is trained. You don't know he might even save your life one day and pay back everything you taught him.

**EDITOR'S NOTES:** Patience and dedication! Be positive, focus, and be consistent. Minimize anything that might cause confusion. Fight ambiguity; be obvious.



## **Dog Training Tips that Work!**

by: **Armen T. Ghazarians**

The most simple acts often produce the best results. In any dog pack, the alpha sets the rules and the rest follow. Therefore, by establishing yourself as the alpha, you can be sure that your obedience training sessions will be that much more productive. The following is a list of 8 simple things you can do to teach your new puppy or unruly dog that you are the alpha in your pack.

1. Never feed your dog from your plate while you're eating. A dog must learn that you are the alpha and that it can only eat when you are finished with your meal.
2. Never allow your dog on the sofa or on your bed. And if your dog sits on your path, gently shove it out of the way with your foot. By setting boundaries, you will instill in your dog that it must obey the alpha.
3. Never allow your dog to chew on your towels, socks, shoes, or clothing. Use bitter apple to discourage these behaviors.
4. NEVER HIT YOUR DOG FOR MISBEHAVING. Instead use the tone of your voice and a collar/leash to teach and make corrections.
5. Never allow a puppy to chew on your fingers. Otherwise, it will become a habit that will be very hard to break when it becomes an adult. Spray your hands and fingers with bitter apple and then allow the dog to proceed. The dog will learn not to bite your fingers without associating any negative thoughts about you as the alpha.
6. Never leave a hyper dog unexercised. Playing ball before you leave for work and after you return can help alleviate your dog's pent-up energy.
7. Never keep your dog alone in a yard for days at a time. Without proper socialization your dog will become aggressive towards other dogs as well as other humans. A dog needs contact with its own species in order to learn how to behave in a dog pack equally as well as it must learn to behave in a human pack. A dog left alone for long periods of time will believe itself to be the alpha and try to dictate to its master instead of the other way around.
8. Never allow your dog to jump on you or your guests. It's fun when your dog is a puppy, but it isn't fun when it becomes a 100lb behemoth. Practice with a collar and leash and set up situations where a neighbor rings your doorbell while

your dog awaits their entrance. Make a sharp correction and command your dog to "sit" when as your neighbor enters the house. And, of course, don't forget to praise the dog as soon as it follows your command. Once the dog knows what to do, try the same thing off leash, but this time use a water spray bottle and spray your dogs face with water as punishment for jumping with a stern vocal correction of "NO". Proceed to praise your dog once again when your dog obeys your command. This way, it will learn to associate praise with correct action.

By following these steps, you will establish yourself as the alpha. And, you will have a head start in training your dog because it will have already learned to respect your authority as its leader.

**EDITOR'S NOTES:** You are equivalent to the alpha dog in the pack and you should act accordingly if you wish to properly train your dog. Think about the important rules for your dog and make them simple to follow. Be kind and gentle to your dog. Don't use the rules as an excuse to be aggressive with your dog or the aggression will turn back against you. Remember, you are the leader of the pack.



*A dog has the soul of a philosopher.*  
~ Plato

*My goal in life is to be as good of a person my dog already thinks I am.*  
~ Unknown

*Scratch a dog and you'll find a permanent job.*  
~ Franklin Jones

## Selecting Dog Training Collars and Harnesses

by: Armen T. Ghazarians

Dog training is an art, and like any artist you must pick your tools carefully in order to properly train your dog. Each dog is different, and thus you must be able to decide which collar is most appropriate for your dog based on its temperament, personality, and strength. Below, you will find a description of all the major varieties of dog training collars that you might come across when deciding to purchase one for your pooch.

The metal choke collar is perhaps the most popular and widely used collar in the dog training world. It should be used in training larger, stronger dogs that tend to take YOU for a walk.

The metal toggle choke collar is basically the same as your regular choke collar with the major difference being that you can correct your dog easily by using the toggle while your dog is off-leash.

The pinch collar should be used RARELY and only in situations where the choke collar is ineffective in controlling your dog (i.e. in situations where your dog is very strong, where it's highly aggressive, and when it repeatedly lunges at other dogs and people).

The fur saver choke collar is designed to control the dog without leaving chain marks around the dog's neck or getting fur caught in the chain which sometimes occurs when using an ordinary metal choke collar. It is mainly used when showing dogs and NOT in training them because the dogs don't tend to respond to them in training and they don't give the quick jerk needed for proper correction.

The nylon choke collar is best used in small dogs and puppies up to 3 months, because they tend to be more gentle and they tend to get young puppies used to wearing a collar.

The gentle head leader is best used on dogs that are more shy and easily corrected (i.e. dogs that respond quickly to your commands and dogs that tend to cringe upon your correction).

The electronic collar is mainly used for two reasons: first it's used on field dogs (i.e. in bird hunting) and second it is used as a means of training the "out" command to a protection dog in its bite training phase.

The tracking harness is used for exactly what its name suggests: for tracking game, suspects, lost individuals, or competition articles.

And finally, the seeing eye dog harness is designed so that the dog's owner can hang on to the lead while the dog guides her to her destination. Unlike other

leads, this lead is designed so that the dog can pull its owner forward as it walks instead of gently walking beside her on loose lead.

**EDITOR'S NOTES:** This article is important because you will need the right collar for training your dog. Consider your situation, but most importantly, consider your dog. When in doubt find a professional trainer for advice. Not all collars are the same.



*A dog teaches a boy fidelity, perseverance, and to turn round three times before lying down.*  
~ Robert Benchley

*Dogs need to sniff the ground; it's how they keep abreast of current events. The ground is a giant dog newspaper, containing all kinds of late-breaking dog news items, which, if they are especially urgent, are often continued in the next yard."*  
~ Dave Barry

*Anybody who doesn't know what soap tastes like never washed a dog.*  
~ Franklin P. Jones

*My dog is worried about the economy because Alpo is up to \$3.00 a can. That's almost \$21.00 in dog money.*  
~ Joe Weinstein

## **Stop Your Dog from Digging Up Your Yard**

by: O'Neal Hendrix

It's downright infuriating to look out the window and see Buddy digging another hole in the yard. You yell out the window; he may or may not even acknowledge he's heard anything; then back to the digging. This dog behavior has got to stop.

### **WHY DOGS DIG...**

Did you ever stop to think WHY Buddy digs? (except to make you mad!). This is the real trick - to figure out why he's digging in the first place, the motivation behind the dog behavior. Then you can take dog training steps to discourage it, redirect that energy and possibly stop it completely.

#### **1. I'M BORED!**

Location: Digging along the fence lines and at the gate.

Why? He is bored and wants to get out for some action.

Solution: Provide more exercise for your dog, both physical and mental. The more exercise the better, according to your dog. A tired, happy dog will rest nicely between great outings.

#### **2. I'M HOT!!**

Digging along the edge of the house or shallow "pits," especially in the heat of the summer.

Why? Your dog is most likely creating a cool spot in the cool under-earth. If under the porch, he's creating a den.

Solution: Check to make sure you are providing fresh cool water throughout the day and night.

Is there adequate shade to protect your dog from the hot sun? Is good air circulation available or possibly a nice breeze? Or is the space filled with stagnant air?

Provide plant life (trees, bushes) for shelter from the hot sun. Cool grass keeps the ground heat down.

#### **3. IT'S JUST MY NATURE!**

Sometimes it's the breed of dog, not so much the environment. Some breeds tend to be burrowers -hounds, huskies, malamutes are a few examples.

Solution: If this is the case, work with your dog to agree on a place he can do his thing and camouflage it with something like plants or fencing.

#### 4. I LIKE IT!!

Some dogs just like to dig, and dig they will, no matter how much you yell and scream.

Solution: Create and help them with the ideal digging place - a sandy blend with hidden treasures that reward digging at that spot. Having a prepared area encourages the digger to focus the digging to the area you set up in an out-of-the-way place. Remember to keep the area stocked with assorted treats and toys.

#### TO FILL OR NOT TO FILL - EXISTING HOLES

The second part of the story is...

What to do with the holes that keep reappearing, no matter what you do? Have you back-filled holes dug by your dog only to find them dug again, over and over?

When this happens, the next stage of hole-filling is called for.

You might think this next step it involves yelling at your dog, or rapping on the window. Nope. Are you really going to stand and stare out the window hoping to correct the situation while it's happening (which would be the only way to really correct it using this method)?

#### TECHNIQUES FOR "FILLING" HOLES

There are two better techniques to encourage your dog to rethink digging that hole.

The easier of the two is to fill the hole until almost full. Mix the last portion of dirt with dog poo, pinecones, moth balls, or other repelling non-harmful substance. The next time your dog arrives for the big dig, he quickly finds the game has changed. Most dogs quickly change their behavior.

The second method is more time consuming but effective. Cut a section of chicken wire or similar to cover the hole plus 8" or more. Dig a hole a few inches deep that surrounds the hole and will fit the wire shape.

Fill the hole and then press wire in place and cover with dirt. Pack the area well, particularly around the wire edges. When your dog returns, the wire will stop his digging progress.

If along a fence line, secure the wire to the fence along the inside of the fence, just a short distance from the ground. When the wire gets to the ground, keep

going vertically a short distance underground. Then bend the wire so the bottom is perpendicular to the top (forms an L). Bury the horizontal part underground inside the fence, pointing away from the fence. When your dog digs he is stopped by the wire and his weight on the earth helps keep the wire in place. The result is the dog gives up on that area.

Pretty cool, huh?!

## CONCLUSION

We humans see digging as bad dog behavior. Dogs don't, and they dig for different reasons. If you can figure out why they're digging, you can put dog training steps in place to stop it. Some dogs dig, that's what they do. Set them up a space to dig and you both win!

Try these dog training techniques to change unwanted dog behavior. They seriously work.

**EDITOR'S NOTES:** Dogs have reasons for digging so you must be an investigator. It is time for some dog psychology! Figure it out and take action.



*Dogs love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always have to mix love and hate.*

~ Sigmund Freud

*I put contact lenses in my dog's eyes. They had little pictures of cats on them. Then I took one out and he ran around in circles.*

~ Steven Wright

*Old dogs, like old shoes, are comfortable. They might be a bit out of shape and a little worn around the edges, but they fit well.*

~ Bonnie Wilcox

## **Training Your Dog to Come When It Is Called**

by: Waylon Harvey

Training a dog to come when it is called is a vital, and potentially life saving, part of any successful dog training program. All properly trained dogs must learn to respond instantly to the owner's voice, and the sooner this lesson is learned the better.

The advantages of teaching a dog to come when called are obvious. For starters, coming when called will help you regain control of the dog in case of collar break, snapped leash or other similar equipment failure. This is particularly important when you are out with your dog, especially in an area with lots of traffic. It is vital that the dog respond to your voice and return to your side, even in the absence of collar and leash, and even if there are lots of other things competing for its attention.

Coming when called is also a vital skill for every working dog. Whether the dog's job is herding sheep, guarding livestock, or sniffing out bombs and drugs at the airport, the working dog must be under total control at all times, whether on leash or off.

Even if your dog's only job is being a loyal companion, it is still vital that he learn this important basic obedience exercise. After the first obedience lessons, such as heeling, stopping on command, sitting on command, etc. have been learned, it is time to start incorporating the come when called lessons into the daily training sessions.

One note about dog training – it is all too easy for training sessions to become dull and routine for both handler and dog. A bored dog will not be receptive to learning, just as a bored handler will not be a good teacher. It is important, therefore, to always incorporate fun things and play into every training session. Incorporating a few minutes of play time before the lesson begins can do wonders for the attitude of dog and human alike. Likewise, ending each training session with a few minutes of free play time is a great way to end on a positive note and to help the dog associate obedience training with fun and not drudgery.

The command to stay and the command to come when called are often combined in obedience training lessons, and they do go naturally together. Start with the dog on a loose leash, ask the dog to sit and then slowly back away. If the dog begins to get up and follow you, return to the dog and ask him to sit again. Continue this process until you can reach the end of the leash without the dog getting up.

After you can successfully reach the end of the leash on a consistent basis, try dropping the leash altogether. Of course you will want to do this in a controlled environment like a fenced in yard. After the dog has mastered the stay command, it is time to add the come when called command.

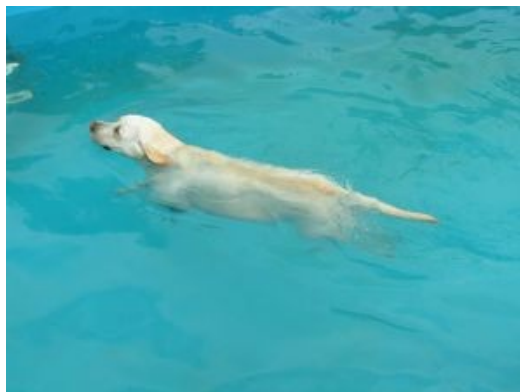
Take up the leash again, and with the dog on the end of the leash, say "come" or "come here". It is often helpful to use a lure when teaching this behavior. The lure provides a visible item for the dog to focus on. Teaching the dog to come to the lure is a good first step in training the dog to come when called.

Repeat this procedure many times until the dog will consistently stay and then come when called. After the dog has mastered coming when called while attached to the leash, slowly start introducing the concept when the leash is removed. As before, these training sessions should only take place in a controlled, safe environment, such as a fenced in front or back yard.

A well trained, obedient dog should respond to the call to return to its owner no matter where it is and no matter what distractions may occur. It is therefore necessary to test the dog with distractions of your own.

If you have a neighbor, preferably one with a dog of his own, try having him come over with the dog. Have him, and the dog, stand just outside the fenced in area and repeat the come when called exercise with your dog off leash. If he becomes distracted by the other dog, put the leash back on and repeat the process. The goal is to have your dog consistently pay attention to your commands, no matter what distractions may present themselves.

**EDITOR'S NOTES:** Knowing how to have your dog come to you critical. It helps you maintain control when the situation starts to get out of hand. You can prevent your dog from hurting your family, others dogs and himself. You also want to be the "alpha dog" to keep your house peaceful and sane.



*In order to really enjoy a dog, one doesn't merely try to train him to be semihuman. The point of it is to open oneself to the possibility of becoming partly a dog.*  
~ Edward Hoagland

*No matter how little money and how few possessions, you own, having a dog makes you rich.*  
~ Louis Sabin

## **Dog Training: Dealing With Separation Anxiety**

by: [Waylon Harvey](#)

Separation anxiety, also known in the dog training world as owner absent misbehavior, is one of the most frequently encountered problems in the world of dog training. Separation anxiety can manifest itself in many different ways, including chewing, destroying the owner's property, excessive barking, self destructive behavior and inappropriate urination and defecation.

Dogs suffering from separation anxiety often whine, bark, cry, howl, dig, chew and scratch at the door the entire time their family members are away. Well meaning owners often unwittingly encourage this misbehavior by rushing home to reassure the dog, but it is important for the well being of both dog and owner that the dog learn to deal with extended periods of separation.

How the owner leaves the house can often contribute to separation anxiety issues. A long and drawn out period of farewell can make matters worse by making the dog feel even more isolated when the owner finally leaves. These long types of farewells can get the dog excited, and then leave him with lots of excess energy and no way to work it off. These excited, isolated dogs often work off their excess energy in the most destructive of ways, such as chewing up a favorite rug or piece of furniture.

Excess energy is often mistaken for separation anxiety, since results are often the same. If you think that excess amounts of energy may be the problem, try giving your dog more exercise to see if that eliminates the problem.

If separation anxiety is truly the problem, it is important to address the root causes of that anxiety. In order to prevent separation anxiety from occurring, it is important for the dog to feel happy, safe, secure and comfortable while the owner is away for the day. It is important, for instance, to give the dog plenty of things to keep it busy while you are away. This means providing it with lots of toys, such as balls or chew toys. A pet companion is often effective at relieving separation anxiety as well. Giving the dog a playmate, such as another dog or a cat, is a great way for busy pet parents and pets alike to cope with the stress of being left alone.

Setting aside scheduled play times, during which the pet is given your undivided attention, is another great way to alleviate boredom and separation anxiety. Playing with the dog, and providing it with sufficient attention and exercise, is a proven way to avoid a stressed and anxious dog. A happy dog that has been well exercised and well conditioned will generally sleep the day away happily and patiently wait for the return of its owner.

It is important to schedule one of these daily play sessions before you leave the house each day. It is important to give the dog a few minutes to settle down after playtime before you leave.

For dogs that are already experiencing separation anxiety and associated misbehaviors, it is important to get him accustomed to your leaving gradually. Be sure to practice leaving and returning at irregular intervals, several times during the day. Doing so will get your dog accustomed to your departures and help him realize that you are not leaving him forever. Dogs that have been previously lost, or those that have been surrendered to shelters and readopted, often have the worst problems with separation anxiety. Part of treating this problem is teaching the dog that your leaving is not permanent.

**EDITOR'S NOTES:** Whether you call it separation anxiety or absent misbehavior, your dog loves you. Because of this, he will behave badly at times. Your dog must learn to be away from you for long periods of time. Manage your time so that you can manage your time with your dog. Schedule time and give your dog the love he gives to you.



*A piece of grass a day keeps the vet away.*  
~ Unknown Dog

*If you can't decide between a Shepherd, a Setter or a Poodle, get them all – adopt a mutt!*  
~ASPCA

*To a dog the whole world is a smell.*  
~Unknown

*Do not make the mistake of treating your dogs like humans or they will treat you like dogs.*  
~ Martha Scott

*Dogs have given us their absolute all. We are the center of their universe, we are the focus of their love and faith and trust. They serve us in return for scraps. It is without a doubt the best deal man has ever made.*  
~ Roger Caras

## **Author Credits**

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