## WEEK ONE: BANANA-FANA-FO-FANA

### What motivates Fido?
List 5 food rewards for your dog:
1. 
2. 
3. 
4. 
5. 

List 5 play rewards for your dog:
1. 
2. 
3. 
4. 
5. 

List 5 toy rewards for your dog:
1. 
2. 
3. 
4. 
5. 

List 5 life rewards for your dog:
1. 
2. 
3. 
4. 
5. 

### What distracts Buddy?
List 5 distractions that happen in the house:
1. 
2. 
3. 
4. 
5. 

List 5 distractions that happen walking around your neighborhood:
1. 
2. 
3. 
4. 
5. 

List 5 distractions that happen at the park:
1. 
2. 
3. 
4. 
5. 

List 5 distractions that happen while at a pet supply store:
1. 
2. 
3. 
4. 
5.
Does your dog know his name?
Not all dogs respond perfectly to their name every time in every situation. If you say your dog’s name and he doesn’t even flick an ear in your direction, it’s likely that one of the following is at play:

1. His name gets used too often.
2. He never learned his name.
3. When he’s heard his name in the past, it has been followed by something unpleasant happening to him.

Why he doesn’t respond well isn’t as important as where you go from here. If he never learned his name, you’re lucky – that’s easy to fix! If he’s heard his name too often, or it has a negative connotation, try giving your dog a nickname and then work on the name game in about a month.

Get ready for the recall!
Select a word that has no association with it at all to your dog. Make sure it is a word that carries well when yelled or spoken and is easy to say. We will use this word for recall exercises during class – choose wisely!

Play the Name Game!
Start the Name Game with your dog in the same room and no distractions.

1. Carry food around with you, all the time.
2. 30 times a day when your dog is not paying attention to you, say his name JUST ONCE when he comes to you, give him the treat and then walk away.
3. Don’t pet him or continue talking.
4. Name said once, he comes to you; you give him a treat and walk away.

You are in charge. You start and end all interactions with your dog.

1. If your dog comes to you for petting or play, ignore him.
2. You start and end all interactions.
3. If you notice your dog is walking away from you that is his stopping the interaction.
4. Only give your dog attention for an average of 10 minutes for every hour that you are home (and awake).

Will work for food!

1. Cut down your dog’s regular food intake by 30%.
2. You will be doing work with them daily so he will be working for this 30% of his food.
3. Only feed once a day (no free-feeding). The bowl, Kong® or roller ball goes down once a day for 15 minutes. No more!
WEEK TWO: INTRO TO THE RECALL

1. Practice the recall at least once daily three times in a row. If alone, just practice the 30 times in a row procedure.

2. Say the word once and within a half-second, a treat should be in your dog’s mouth. Use only the best treats for recall!

Keep Practicing!

Continue the Name Game (from week one) 30 times a day when your dog is not paying attention to you. When your dog is responding 100% of the time in the same room with no distractions, start to work one room away.

And remember, you are in charge. You start and end all interactions with your dog.

Every week we will continue with the above exercises. We will be adding distance and distractions to all of our recalls and the Name Game. Do not make it harder if your dog is not successful at your current criteria. If you allow your dog to get it wrong he will.

Remember, success breeds success!
Frequently Asked Questions

Q. Why are we doing all of this? I just want my dog to come when I call him.
A. We need to be able to motivate our dogs to respond and do what we are asking of them. If our dogs have access to food, our praise, and the ability to make us throw toys for them as well as attention when they want there is no need to give us attention when we want it. Dogs are not going to come to us because they appreciate that we let them live in a house, give them good food and all of the toys they could every want. Dogs will come when called because they were taught to do so. By restricting access to you and food, you make both more valuable. The very same item (food/attention) has different value depending on its availability. If you have access to something 24/7 there is no need to work for it. All of these new rules are only in play until your dog is responding the way that you want. Once he is trained to your satisfaction, you can go back to the way it was before.

Q. My dog was doing great inside with just the two of us. When he was outside playing with some doggie friends he totally ignored me. Why is he being so stubborn?
A. Dogs are not stubborn, they are trained or untrained. If you make it too hard too soon, the dog will not respond as you want. Your dog will appear “stubborn” if he’s learned that a response is optional, and come when it suits him.

When making things harder try to identify what your criteria are and the difficulty of the task.

- Do you want your dog to come to you or near you (criteria)?
- Do you want him to respond immediately or when he feels like it (criteria)?
- Do you want him to come inside with nothing else going on or outside when he is off leash and other dogs, squirrels and people are around (difficulty)?

Try to work on one thing at a time. If you try to add too much too soon, you set your dog up for failure. We want to know how your dog will respond. So, once your dog is doing well with one distraction or distance, add another.

For example, if my ideal situation is for my dog to be 20 feet away at the park with lots of distractions and come when called, my chart would look something like this:

<table>
<thead>
<tr>
<th>Distraction</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dogs</td>
<td>Right next to me inside</td>
</tr>
<tr>
<td>Kids</td>
<td>From one room away</td>
</tr>
<tr>
<td>People</td>
<td>From upstairs</td>
</tr>
<tr>
<td>Cats</td>
<td>Outside next to me</td>
</tr>
<tr>
<td>Squirrels</td>
<td>Outside from 5 feet away</td>
</tr>
<tr>
<td>Cars</td>
<td>Outside from 10 feet away</td>
</tr>
<tr>
<td>Skateboard</td>
<td>Outside from 20 feet away</td>
</tr>
</tbody>
</table>