

Name:

AKC Canine Clubs-Community Dogs– Week 3

- Your Frame of Mind: focus on the moment.
 - Frustration: Take a deep breath. Your dog will pick up on your frustration and disconnect with you.
 - Confidence: Your dog is looking to you for guidance. It is up to you to help him feel comfortable and make clear your expectations. If you are hesitant about what you are doing, your dog will get confused. Be deliberate and purposeful with your commands and movements.
 - Tone: A loud voice will ramp up the dog, get him more excited. A softer, soothing tone can help calm a dog. Don't underestimate a whisper.
- 3 Ds: Duration, Distance, and Distraction. These are three variables you can change to increase or decrease the challenge level you are setting for your dog. You want to be mindful of all three and adjust them to set your dog up for success.
 - Duration: how long you are asking your dog to do a behavior. If my dog is just learning a new skill such as "stay," I would only ask my dog to "stay" for a second or two at a time. As the dog learns the skill, I can increase the duration, asking him to "stay" for a minute, two minutes, five minutes.
 - Distance: how far away you are from a distraction or how far away you are from your dog. The closer your dog is to a distraction, the harder it will be for him to listen. Also, if you are farther away from your dog, he may not listen as well. For example, if you are three feet away from your dog and ask him to "come," your chances of success are higher than if your dog is twenty feet away.
 - Distraction: what obstacles you are exposing your dog to that will inhibit his ability to pay attention. For example, a busy street would be a high distraction, while a room in your house would be a low distraction. If I'm just starting to teach a dog a new command, I would want to start training him in my house so he can use his full attention to learn. As the dog learns to understand a skill, I can increase the level of distraction and work my way up to the busy street environment.
- Think and Learn Zone. There are three zones – the red zone, yellow zone, and green zone – that indicate the learning state of the dog.
 - Green zone: dog is engaged with you and ready to learn.
 - Yellow zone: dog is slightly distracted, but you are still able to recall his attention.
 - Red zone: dog is very distracted or hyper and is not ready to listen or receive new information.
 - You want your dog to be in the green zone. The 3Ds are a valuable tool to bring your dog back into the green zone. What zone is your dog in while you are working with him? What zone are you in?
- Play: give and take. It's not about who's the strongest or who wins. It's about playing the game together.