Adopter's Training Guide

Rescuing dogs from a lifetime of pain ...
releasing people to a lifetime of change.

Puppies For Parole

Missouri Department of Corrections

Table Of Contents

A message from the director 2

Using this guide 3

Supplies for your new addition 5

Bringing your new dog home 8

Walking your dog 11

You can't change mother nature 11

Commands 12

Additional commands 16

Things to remember 19

Signs of problem behaviors 21

Top 10 training tips 22

Notes 23

Thanks to Dr. Mar Doering from All Paws Med and Behavioral Center in Holts Summit, Missouri, for her ongoing support to our program, and for the guidance and help with putting this booklet together for our adopters.

A message from the director

Greetings. I want to take this opportunity to congratulate you on your choice to adopt a rescue dog from the Puppies for Parole program. With this adoption, you and your family have chosen to save a dog from possibly being euthanized or living its life out in a shelter.

Your dog has been trained in basic obedience and house rules, using simple commands by handlers in the Puppies for Parole program. But it is important that you keep up with your dog's training, as well as use the proper commands your dog learned while in the program. To help you with this, we have prepared this guide to assist you with the ongoing training of your furry friend. In addition to this guide, you can visit our website at doc.mo.gov/DAI/P4P_Videos.php to view our training video "Staying the Course" to assist you with learning the basic commands.

You can keep up with the Puppies for Parole program by liking us on Facebook at facebook.com/MissouriPuppiesforParole. There you can read about some of the program's success stories.

We are so happy that you have chosen to rescue one of these very special dogs. I hope that your new addition to your family will bring you many years of joy and happiness.

Thank you for your support of Puppies for Parole.

Sincerely,

George A. Lombardi, Director
Missouri Department of Corrections

Using this guide

This guide is to help in the adjustment of your new family member, and will provide assistance in making a smooth transition for your dog and your family. Moving from the shelter, to a prison, and then to your home, can be quite an adjustment for your new dog. Just as there was an adjustment period when your dog came into our program, you will see an adjustment period in your home, too. Usually, within 3–4 days your dog will become acclimated to your home and your family. Dogs need time to relax and get to know you, but it is important to begin their obedience training immediately. Do not be surprised if during these first few days your new pet does not eat and drinks very little. This is common for most animals in a high-stress situation. Very soon, your new dog will be back in a normal eating and playing habit.

The first few days with your new dog is a very important time in the bonding process because it will help in establishing your leadership role. You should discuss with your family what the dog is allowed to do, what is unacceptable behavior and where, within your home, the dog is allowed to go. Establish rules that everyone can enforce. For example, will your dog be allowed on the furniture? If everyone in the household enforces the same rules for your new pet, it will help to keep him from getting confused during this transition period. The biggest mistake new pet owners make is allowing the excitement of getting a new dog to cloud their judgment on setting boundaries. Remember, the goal is to have a well mannered pet that you can take with you anywhere. By setting and reinforcing those boundaries, you will achieve this goal. As hard as it is to believe, your new dog needs to know what you expect of him. From this moment forward, you are his leader.

While in the Puppies for Parole program, we began the process to train your new dog to be well behaved, well mannered and have corrected any negative behaviors known to us. Now it is your responsibility, as a pet owner, to maintain his training, and to set and enforce the rules of your household. Training never stops with a dog. You need to be diligent with his obedience commands and offer praise and reward as often as possible to keep him in practice. In the beginning, you may need to offer small treats to get him to respond to you and to your commands, but very shortly, he will work for you, simply for your praise and acceptance. Remember, what your dog wants most in the world is to please you, but he has to know what is expected in order to be able to do that. The key

to your success is consistency and praise. In this guide, you will hear repeatedly that you need to praise and reward – that doesn't always mean food. At first, it may require some food treats, new challenges often require food treats, but over a relatively short period of time, you should be able to phase treats out so that they are really just that, a treat, and not an incentive to perform in an expected manner.

The first few days are a bonding period for you and your dog. In this guide, we have outlined some information that will help in the bonding process as well as things that we believe will help to ensure your dog remains a wonderful companion. This process begins with you accepting the role of the leader. Many studies have been conducted on canine behavior and research shows that if a dog feels it has no leader, or its leader is not strong enough to protect it, it must become the leader. This process begins the minute you take the leash. It is important that during this time you remain calm so as not to excite the dog or make him anxious. The overall goal is to let your dog know that you are his leader and that you can protect him and care for him; otherwise, he will feel the need to become the leader and the protector. If you allow this to occur, it can lead to unwanted behavior.

In this guide, you will be able to read the techniques that have been used in the training of your new dog. All of the commands that have been used, along with tips to continue training, are outlined for you. It is our sincerest hope that this guide will help with your dog's transition from Puppies for Parole to his new forever home.

It takes a lot of courage to adopt a dog whose background you do not know. Throughout our program, we have found that these dogs make some of the most wonderful long-term pets, and they will be loyal to your family when properly cared for and trained. You are his new pack leader, and he is the newest member of your pack. Congratulations!

Supplies for your new addition

Below is a list of things you should have when you bring your new canine companion home:

Leash – Six feet in length. Any good quality leash will work.

Collar – These can be leather or nylon, either is fine. More important is the fit. Make sure that it is neither too tight, nor too loose. Ideally, you want a collar that fits snug, but one where you can still put two fingers between the collar and the dog's neck. Anything smaller will be uncomfortable; anything larger and your pet will be able to slip out of it.

Crate (optional) – Again, these come in a variety of shapes, sizes and price ranges. You need whatever works best for your household, but size is the most important factor when choosing a crate. Choose a crate that is big enough for your dog to walk into and turn around in before lying down. It should provide him adequate room in which to be comfortable if he is crated for an extended period of time. A crate that is too large leaves your dog enough room to potty in one end of it, while making house in the other. If your dog will be growing after you get it, you could purchase a crate that is capable of adjustment. Use a divider at first, and then as your dog grows, remove it. This will eliminate the need for multiple crates.

A crate is a very important tool for you to have because it has a variety of uses. Although your new dog is fully housebroken, it is not uncommon for accidents to happen during the adjustment period. Using the crate can help eliminate any accidents when you are not home. Additionally, many dogs find this to be their safe place and actually enjoy having a crate to call "home." The crate should **never** be used for punishment, because you want your dog to enjoy going into his crate.

Treats – Treats are an easy tool for training if you have a food motivated dog. Most dogs aren't picky when it comes to treats. Some treats have a higher value than others and are more useful training tools. Typically, a soft, flavorful treat works best for high-intensity training. Begin by purchasing a small variety of treats until you find what works or motivates your dog. Use the best treats for training, as they will help to keep his attention. Lower value treats, such as cereal or Cheerios, may be used as rewards for good behavior, going into his crate when it is

necessary or simply as a snack. Do not feel obligated to buy expensive treats because dogs do not care how much they cost.

Bowls – You will need two bowls; one for food and the other for water. Plastic bowls are susceptible to having bacteria grow in them if not cleaned regularly and this may eventually cause sickness or allergies in your dog. Metal or ceramic bowls are recommended. Choose a bowl that is size appropriate for your dog. For example, you may want a bowl large enough to hold a full day's worth of water, so you do not have to refill it throughout the day. Clean the bowls at least once daily.

Mealtime: Ideally it's best to feed two meals a day (three for a puppy). Sit with your dog while he eats for the first two or three days. This is a vulnerable time for your dog and it helps to have his pack leader nearby. Allow 20 minutes for the meal and then pick up the food bowl.

Toys – Some dogs love toys, while others could care less about them. Before you invest a lot of money in toys your dog will not play with, buy a couple of sturdy and safe toys and try them out. You don't want toys that can be shredded or easily destroyed. Toys are a great way to keep your dog occupied while he is alone or to engage him to play. Using toys for play time will help with the bonding period as well. If possible, take your dog to the pet store with you and see what kind of toys he likes. This may save you some time and money in the long run and be a fun bonding experience. Things to remember about toys include:

- Some toys need to be monitored for safety issues. These may include stuffed toys, tennis balls and toys with strings attached. Foreign body ingestions are very dangerous.
- Buy toys that are the correct size for your dog and that cannot be swallowed or choked on.
- Durable rubber, hard plastic or nylon toys are good to have available for your dog. This will satisfy their need to chew and help keep them from chewing on non-dog items, such as your furniture or shoes. KONG toys and Nylabones are high-quality toys that come in several varieties and tend to last for long periods of time. You can fill some toys with treats or peanut butter to give them an added reward.

Shampoo – Check with your veterinarian to determine the best shampoo for your dog. Often oatmeal shampoos work well. This shampoo will also help condition your dog's coat and comes in a variety of scents. If you will be bathing your dog more often than once a month, you will need to purchase a special conditioner because regular bathing shampoo will dry out his skin. Remember, bathing too often will also lessen the effectiveness of many flea and tick medicines. Ideally, once a month is the perfect interval for bathing a dog, but sometimes bathing cannot wait that long, as dogs have a way of getting themselves into many messes. Brushing a dog's coat daily is important, and will help keep the skin and hair healthy.

Waste Bags – Waste disposal bags are a must if you plan to take your dog on outings. Cleaning up any waste from your dog is a pet owner's responsibility. It is also the respectable thing to do for others, who use those common areas, and in many places, it's the law. These bags can also be used for water on days you head out to the dog park or go on long outings and don't have a container available. If you roll the bag down, you can put water in it. Just be sure to buy the unscented and unpowdered bags if you intend to use them for water.

Identification – Every dog should have identification of some kind on its collar. This may be an ID tag that is attached to the collar, or you can custom make these at a pet store with the dog's name and your personal contact information. This will ensure the safe return of your dog should he ever get lost. You can also have your dog microchipped, which is the safest and best identifier of all.

Long Leash for Training – While this is not an absolute necessity, it is nice to have if you are doing additional training with your dog. The longer leash, usually 15-30 feet, will allow your dog additional space away from you and will give you more room for a recall or to test his ability to respond to your commands. A leash should be used at all times until your dog can be fully trusted to respond to your commands for the safety of your dog and the general public. Additionally, leash laws exist in most municipalities.

Bringing your new dog home

This is a guideline for properly training your dog. The techniques discussed herein are positive reinforcement and prove to have the greatest success in canine obedience training.

New arrival – When introducing your new dog to your home, the most important thing to do is give him a good, long walk calmly at your side around your yard to let him familiarize himself with his surroundings. One of the first stops should be the area where you want your dog to urinate and defecate. Give the command to relieve himself, "potty," and then praise lavishly when he complies with the command. This understanding of the proper potty area is one of the most crucial points in establishing a successful relationship and reducing any unnecessary drama and frustration.

Introduction to new home – For dogs, position is important. The leader/protector truly does need to be in the lead. Therefore, it's important that you enter your home first before inviting your dog inside with the leash attached. Then invite your dog calmly into each room, one at a time, for a sniff. You can remove the leash when your dog is calm. If he is not allowed into a specific area, do not introduce it to him.

Meeting your other pets – It is best to introduce dogs together in a neutral area, such as your neighborhood or a local park. Walk your new dog until you're both comfortable and calm. Then, when he's ready, have another calm person bring your other dogs out on leashes (they must remain calm, too) and walk them at a distance from you and parallel

It is very important that you remain confident and calm during these meetings with other pets. Remember, you are the leader/protector, and your dogs will be watching you and reading your body language. If they see any uneasiness, they will react negatively to it. If at any time there is a confrontation, simply separate the two with some distance and begin the process again. You can always use the "sit" command and refocus your dogs to divert any negative behaviors. Again, having leashes attached makes quick corrections easier.

to you. Keep the dogs focused on their individual handlers. As the dogs continue to remain calm, bring them slowly closer together while having the dogs focus on their handlers and not each other. Go slow with this. Eventually, the dogs can all be walking side by side, closer and closer, so they see themselves as a pack. Keep leashes on the dogs so you can correct quickly and carefully, if needed, but be certain to place no tension on the leash when the dogs are calm. Finally, if all is well, position the dog so they can sniff each others' rear ends — a doggy handshake. First, one dog has a sniff and then switch them so the other has a sniff. All people need to go into your home first, and then the dogs go inside one at a time. Continue to keep the leashes on everyone until you've introduced your new dog to his pack indoors and to his home. Be mindful that existing pets within the house may be possessive of their food bowls, toys, etc., so it is best to remove those prior to bringing the new dog into the home if possible. Once all introductions are complete and you have a peaceful household, gradually bring the bowls, toys, treats, etc., out for them to play with as a group. This should make the transition as hassle-free as possible.

When training begins – Training begins the minute you assume ownership of your new companion. From the moment you touch the leash, your dog is reading your body language and assessing your emotions. Remember to remain calm and be confident; do not let the excitement of a new dog ruin this first training session you have with him. The most crucial training is not when you are in a scheduled or formal training session, but during normal, everyday interaction with your dog. When you give your dog attention, regardless of positive or negative, you are reaffirming an action. So remember, praise and treat positive behavior, and when possible, ignore unwanted behavior since the most important thing to your dog is your attention. If you must address an unwanted behavior, simply use the "no" or the "leave it" command and continue on as if it is no big deal. The more you react to a situation, the more reward your dog gets from it. **Do not reward negative behavior.**

Examples of actions deserving of a reward may be: When your dog approaches you, reward him while his four feet are on the ground, or even better, when he sits down, either with treats or with praise and petting. If your dog jumps on you, give the "off" command and put him in the sit position and wait for him to calm down. The moment he is calm, not jumping and all four feet are on the ground, reward him. He will quickly learn that the behavior that gets him the reward is the calm behavior of

not jumping. Another example may be while you are sitting and watching television, or simply standing and having a conversation with a friend, and your dog comes and lies at your side, instantly reward him, even if it's just with some praise and a pat under the chin. This will reaffirm that calm is the behavior you desire.

The first few days are all about building a bond of trust between you and your new companion. Eliminate any temptations that may result in negative behavior such as shoes, clothes, remotes, cellphones, plates of food, etc. This is the time to introduce initial attempts at communication so that you can learn how to read your dog, and he can learn what you expect of him.

The first lesson is the dog's name. Your dog should already know his name, but he doesn't know the sound of it coming from your voice. Your goal is for your dog to turn attentively toward you whenever he hears you speak his name. Learning this is essential for a follow up with an additional command later in the training. First say your dog's name; when he looks up to you, immediately reward him with a treat. Repeat randomly throughout the first few days until he immediately responds to you calling his name. Never use your dog's name when correcting a negative behavior. Your dog should associate responding to his name and commands as positive. Instead, find a command or word, such as "no," "leave it," or "stop" to use as a corrective command. We typically use the command of "leave it" when commanding a dog to stop doing a specific action.

Training sessions should be short and fun. As long as your sessions are fun and upbeat, your dog will be learning. Positive training sessions prove positive results. Your dog will not only learn obedience, but he will also view training as fun. When he sees the leash, he will be enthusiastic and eager to please. Always end each session on a positive note with praise, rewards, treats, toys or something he knows. If a correction is needed during the session, it should consist of returning your dog to a position that he broke the command on. Lure him back into position with a treat by showing it to him. Repeat the command, but with a shorter distance or time frame, so he can succeed with the command. When he performs the command properly, eagerly praise and reward him immediately. Disciplining negative behavior can never be rough, such as pulling your dog into position, or any angry, verbal or physical punishments.

Walking your dog

It is a good idea to walk your dog before any training session. This will drain some of the excess energy he may have, which will allow him to be more focused and easier to work with and train.

Dogs can be kept in a variety of environments and most will adapt quite nicely, but many breeds need to work to relieve excess energy. This is why walking a dog is so important to its training process. Until you are certain that your dog will listen to your recall at 100 percent, he should remain on his leash when around other people or other animals. There is a time for him to run and play off his leash, but you must do this in a safe manner and be confident that he will return to you when called, regardless of the situation.

You can't change mother nature

While training can help you to better control your dog, it is not going to change his basic instincts. Some of the other characteristics to consider when working with your dog include how active the breed is, and whether he barks a lot, roams, digs, chases after things, loves the water, herds, etc.

It should be noted that it is not really possible to train fundamental characteristics out of a breed. What you can do is control the dog to the point where the training overrides the impulses. Often times, his desire to please you will override his desire to chase a car or a cat, etc. For example, if you were walking a Setter, and a bird suddenly appeared, hundreds and perhaps thousands of years of genetic conditioning would be telling your dog to go after the bird. Your training, constant monitoring and reassuring, will keep him by your side, but the instinct to run will still be present.

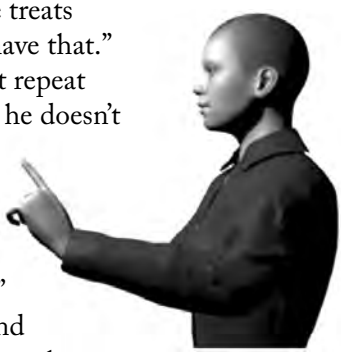
Commands

These are the commands, in the recommended order of training, that you will want to use. It is important that you proceed slowly through these commands and do not move on to a new command until your dog has mastered the current command. Moving too quickly to another command will only confuse and frustrate your dog. Once your dog has mastered a command and you have moved to the next one, do not forget to review the previously learned commands on a daily basis. You want to start from the bottom, while moving very slowly through the system. Your dog has been trained to follow these commands while he was in the Puppies for Parole program.

Focus – This is a foundational command that enables you to get your dog's attention instantly without having to use a leash. Focus can be used in all situations either as a way to direct your dog's attention away from distractions, or as a precursor to other commands. To use this command simply say, "focus."

"Focus" command

Sit – Call him to you in a happy voice. Show him the treat and bring it close to his nose and then lift it up just over his head. As the head rises, the body will tip back and his bottom will sit naturally. Immediately give him the treat once he sits and tell him, "good boy, good sit." Then have him "sit" before any and all rewards, such as before putting food down, before treats toys, etc. Think of "sit" as "please, may I have that." Say "sit" once. If he doesn't respond, don't repeat the command; otherwise, he'll learn that he doesn't need to respond quickly if he's still rewarded on the tenth try. You can add a hand signal such as extending your index finger and pointing it upward, so as not to be aggressive, as you say "sit." Eventually, with enough time, training and trust between the two of you, words will not be needed. You will simply be able to give the hand signal, and he will sit.



"Sit" command

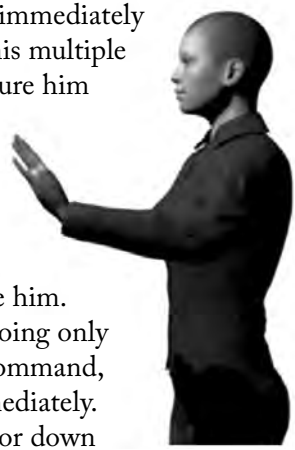
Release (OK, Free Puppy, etc.) – This is your dog's release command. When he has completed any other command and you have rewarded and praised him, give the release command. This allows him to know that he did well and you have released him from the command. Do not allow him to break the command when he is ready; it must be upon your release.

Down – After the dog knows the "sit" command, and only when he responds 99 percent of the time when commanded, can you begin the down command. Place your dog in the sit position, show him the treat in your hand and take it down between his front paws, slowly pulling the treat toward you. Have him follow the treat down, as you say, "down." As with the sit command, the moment he actually is down, you reward immediately with the treat and excessive praise for a job well done. Once he learns this command and does it consistently, you can forego the treats and can add a hand signal such as your index finger pointed down as you say down. Eventually, with enough time, training and trust between the two of you, words will not be needed. You will simply be able to point to the "down" position, and he will sit and lie down.

"Down" command

Stay – Put your dog in a sit or down position before issuing a stay command. Open your hand — palm toward your dog's nose — and command, "stay." Wait a second and reward immediately if he does not break the stay position. Practice this multiple times while you stand beside him. This will reassure him and will help as you begin to expand this command.

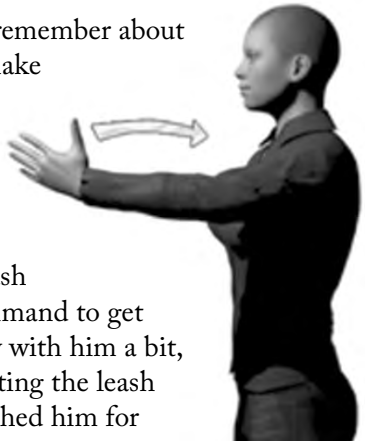
When you have mastered the stay command with your dog at your side, you can begin to add some distance. Step in front of your dog and face him. Command him to "stay" and back away slowly, going only a small distance at first. If he doesn't break the command, return to your dog and praise and treat him immediately. If he breaks the command, return him to the sit or down position, and try again. Gradually increase the distance



"Stay" command

and the amount of space between the two of you, rewarding each time he complies with your command to stay. When your dog can stay for a good distance with you watching him, try giving the command to stay and turn your back to see if he will stay when you are not looking. Again, start with a small distance and gradually increase it over time. Remember, treat and praise at each achievement to reinforce positive behavior. Once he understands the command, you can begin to introduce "come" in conjunction with "stay" to get your dog to break the "stay" command and come to you at your request. This training sequence helps eliminate your dog's confusion with commands. Repetition and patience will pay off — don't give up.

Come – The most important thing to remember about training your dog to come is to never make your dog feel punished for coming to you. This includes leashing your dog to leave a place he enjoys, such as bathing, returning to a crate, or anything else your dog views as negative. If your dog doesn't like the leash or the bath and you use the "come" command to get him to come to you first, be sure to play with him a bit, praise him and reward him prior to putting the leash on him. In that way, you have not punished him for coming to you.



"Come" command

To begin, put a treat in front of your dog's nose and begin walking away from him, giving him the command to "come." You can also signal by patting your chest with the palm of your right hand. When he approaches you, be sure to praise and reward him with a treat immediately. Repeat and begin randomly calling your dog's name and the "come" command, along with the signal, always treating when he responds until he knows "come" and responds to it consistently. In the beginning, do a recall using the "come" command from a very short distance. Over time, you can lengthen that distance so that if you were in public or at a dog park your dog would always come to you, regardless if he was just a few feet away or across the park.

Heel – This is taught whenever the leash is attached to your dog. Hold the leash short, but loose. You don't want any tension on the leash. Hold the leash with your left hand. If you wish, you can place a treat in your

right hand to motivate your dog to follow you. Keep your dog even with your legs, for a few steps, while commanding, "heel" as you walk. You can also signal by patting the side of your left leg with your left hand. Do not allow your dog to pull or lead you. If he begins to pull, stop. Usually, he will stop and return to you. Then you can put him in the sit position, or turn and walk the other way so your dog will follow. When he walks calmly beside you, even for a short distance (approximately three steps to begin with) and does not pull or stop, you can reward him with praise or a treat. Now, begin again, gradually increasing the steps to five, then seven and so on until your dog is heeling anytime he is by your side. Do this over until your dog learns that the behavior that gains him the praise and reward he is looking for is the calm walking by your side. Do not ever allow him to drag you on the leash. Instead, stop and put him in a sit position, allowing him to refocus on you and what you want, and then try again. This is one of the hardest commands to teach and will take a lot of trials before it is mastered.

"Heel" command

Remember, your dog may heel perfectly in your yard, but when you get in public or at a dog park and there are distractions, he may be tempted to pull or lunge. Do not allow that. Refocus him with a "sit", and begin again with the "heel" command, rewarding the calm behavior you should expect.

Additional commands

Leave it – This is a verbal correction that tells your dog to stop whatever he is focusing on at that time. Although he may not be doing anything wrong, right now is not the time for him to be focusing on other things such as people, other dogs, dropped food, toys, etc.

To master the command, put a treat by your dog's foot while in the down position. Put a finger up and command, "leave it." Wait one second and then say, "OK," and give your dog a treat from your hand. Extend times and conditions, remembering to always treat from your hand and not from what he is being commanded to stop. For example, you pass by a treat when he is heeling and you command, "leave it," you then treat him from your hand for leaving it as you continue to walk. Later, when your dog has mastered the "leave it" command and truly understands what you expect of him, it would be alright to allow him to go back and get a treat or a toy that you have commanded him to leave, but not during the initial training phase.

Drop it – Give him a toy and say, "take it." Then offer a treat or another toy in exchange for the toy in his mouth and say, "drop it." Do not pull the toy away or play tug-of-war games with him because this reinforces biting.

No – A verbal correction letting your dog know to stop what he is doing and that his behavior is not acceptable. Remember, one important thing when using the "no" command is to not use it in conjunction with his name. A dog should never hear its name in a corrective or negative manner. You want your dog to want to come to you when you call his name. So, when you use the "no" command, try to remember to do so alone, rather than beginning it or following it with your dog's name.

Jump/Off – The "jump" command tells your dog to jump up on an object such as a bench, a grooming table or vet table, or into a vehicle, while the "off" command tells your dog to get off an object. These commands are best when taught together.

Begin with a low object, and make sure it is not wobbly, slippery or otherwise unsafe. Pat your hand on the object and say, "jump," encouraging him to get up on the object. Do not force your dog, as this will be counter-productive to the trust building process. You may have to

use food or a toy to entice your dog at first. Once your dog is on the item, say, "good jump," and give him lots of praise and reward with a treat or toy, especially if it was used to lure him onto the object.

Now that your dog is on the object, how do you tell him to get off of it? Try this. When you have his attention, say, "off," as you point to the ground. Once again, you may need a lure to get him to jump down. Once down, remember to praise with, "good down," and reward him accordingly. Praise is the reward your dog is looking to receive. Repeat this process and try to make it exciting and fun. Your dog will think you are playing a game, but he is actually learning new commands. The more fun it is, the more he will want to play and learn.

Crate/kennel – The commands, "crate," "kennel," and "go home" are for for telling your dog to go to his safe place within your home. Introduce your dog to his new living area by allowing him to sniff around and become familiar with his surroundings. Once he is comfortable, introduce him to his crate by opening the door and putting some treats inside the crate. Leave the door open and allow him to go in and out at his leisure, staying as long as he is comfortable. Never push or drag your dog into the crate. Be sure that his crate has some soft bedding, and a toy or two in there to occupy him. Do not immediately lock the dog in the crate. You want to give him time to adjust to his surroundings before he is forced to be locked inside. For at least the first hour that your dog is in his new crate, leave the door fully open and allow him the freedom to move in and out. The idea is for him to want to be in the crate and for him to see it as his home and his safe place.

It helps to exercise your dog before putting him in the crate. A good calming walk can make a big difference. To begin the crate training, first throw a few treats inside the crate to encourage him to go inside for a few seconds. Don't close the door, yet. Instead, block the doorway with your hand and wait until your dog is standing or sitting calmly before you move your hand and invite him out. Repeat the process later, but this time close the door and don't latch it. Again, wait until your dog is calm and relaxed before inviting him out. Then, work on latching the door and remaining outside the door. He should only come out when he's calm. Then, move back further, and then out the door, etc. Basically, you're taking small steps to get him comfortable with the crate and show him that calm is rewarded. Don't let him bolt out of the crate door. He should be calm before being invited out.

If your dog starts to whine or cry, start over with shorter time periods until you can build up to an extended period of time. But never go to your dog to let him out until he is calm. In that moment of quiet, open the crate and reward him, but do not reward the chaos. Do not respond to your dog's attempts to escape, whine, bark, etc. You should only respond positively with praise and treats for the proper behavior. The crate is never to be used as punishment such as time out, etc. This is his bed, his home and should be his safe place — it should always be viewed by him as exactly that because he has been crate trained this way while in the Puppies for Parole program.

Wait – This command tells your dog not to cross a threshold or barrier, or to stop moving and simply wait in his current position. You can do this with your dog sitting or standing.

At the door, tell your dog, "wait," in a cheerful tone of voice. Begin to open the door. If your dog starts to move or go out, close the door. Without repeating the command, begin to open the door again. If your dog again tries to break the command, close the door. Repeat this process until your dog hesitates, even if for a brief second. At that moment, open the door and say, "let's go," and go out the door. Done repeatedly, this will let your dog know what you expect.

Consistency is the key to any successful training. Ask your dog to "wait" at every door, every time. Remember to give the command once followed by opening and closing the door until your dog obeys the command. You can also practice this command with an invisible barrier while walking your dog or just around your home. Once mastered, this command will allow you to know that, at anytime, you can command your dog to wait and ensure his safety when in public or around traffic.

Potty – This command is used to get your dog to urinate on command. Immediately take your new dog to the area where he may relieve himself. Allow him to sniff and remain until he urinates or marks his territory. As he is urinating, say, "potty, good boy," and reward him immediately after he finishes. Whenever he drops his nose to the ground when inside the house, take him immediately to his potty spot and command, "potty." Repeat the command when he goes and reward him.

Your dog will need to go potty after he awakens, eats, drinks and plays hard. Watching your dog is the key to his success when it comes to potty

training. You will learn his actions over time that tell you he needs to go out, but until then, you may make repeated trips outdoors just to be safe. Stretch the amount of time between indoors between potty breaks, while training your dog. **Note:** Puppies can only hold their urine about four hours.

In the beginning, confine your dog to his crate when you can't supervise him. Typically, a dog will not urinate or defecate where it eats or sleeps, unless forced beyond its ability to hold it. So, until your dog learns to urinate in his potty area, confine him. Never punish him if he has an accident; simply take him out and say, "potty." If you catch him beginning to squat, say, "no," and either pick him up or get him to the door and immediately take him to his potty spot. Remember to reward and praise him when he is finished. If you don't catch him in the act of having an accident, don't give any correction at all.

If your dog has an accident in your house prior to ever using his potty spot, use a paper towel to soak up the urine. Place the soiled towel where you want the potty area to be and say, "potty." Your dog will smell this and know this is his spot. Be sure to clean your floors with a vinegar and water solution and saturate any carpet. You can also purchase cleaning products through your veterinarian or from a pet store. These products or solutions neutralize the ammonia in the urine and keeps your dog from returning to the same spot to potty again. It is necessary to thoroughly clean any accident spots in your home or your dog will continue to go back to the same spot because he thinks that is his potty area.

Things to remember

After completing each command, use a release word such as "OK" or another word of your choice. This means your dog is free to break or end the command and he can move about freely, get praise, and joyfully wiggle and wag his happy tail.

It is also important to remember that dogs have no failures. Every failure or accident by a dog is a failure on the part of its master. So, if a dog has accidents in the house, it is likely the owner did not take it outside often enough. Likewise, if a dog chews up the furniture, scratches the doors or destroys the carpet, the owner did not confine it in a small enough area or crate to keep that from happening. Until you know your dog and know

what to expect from him, it is best to err on the side of caution. Trust must be earned between the two of you. Your dog has to learn you will protect him and train him, and you have to learn how much freedom to allow him.

It is important to remember that dogs are often ignored except when they are jumping, mouthing, or displaying improper social behaviors. To a dog who regularly gets no attention, its reward is its owner's attention, regardless if that is positive or negative. If you only give attention to your dog when he is misbehaving, you have reinforced negative behavior with your attention. To alter this training, you must consistently reward good behavior, ignore negative behavior, and interact with your dog as often as possible. Dogs strive to please their owners, so repeated rewards for proper behavior will result in you gaining a companion and a lifelong friend.

This brief guide was created to assist new owners with their dogs that were obtained through the Puppies for Parole training programs. It is intended to build an understanding between you and your new family member. We sincerely hope this guide will assist you with the training of your new friend.

Signs of problem behavior

It is important to recognize the signs of potential problem behavior before it becomes serious. Here are some behaviors that may indicate a need for retraining and/or socialization, or veterinary treatment. Many of these behaviors can be exhibited at certain times by most dogs, and can become worrisome when they are exhibited often, at inappropriate times, or in combination with other inappropriate or aggressive behaviors.

- **Aggressive barking**
- **Playing keep away**
- **Begging**
- **Playing tug of war with leash**
- **Biting**
- **Pulling on leash**
- **Digging**
- **Pushing between people or other animals for attention**
- **Chasing people or other dogs**
- **Chewing or destroying things**
- **Repeatedly fetching after playtime has ended**
- **Escaping**
- **Grabbing things**
- **Repeatedly pushing rear end against person for scratching***
- **Growling**
- **Running when called**
- **Guarding food or toys**
- **Snapping**
- **Herding people or other animals**
- **Snarling**
- **Inching closer when commanded to stay**
- **Showing of teeth**
- **Jumping up**
- **Staring**
- **Lip curling**
- **Taking food from the table or counter**
- **Lunging at other dogs**
- **Tugging or nipping clothing**
- **Lying on top of people**
- **Urinating or defecating in the house***
- **Mouthing**
- **Whining**
- **Nipping**

* may require veterinarian evaluation

Puppies For Parole

Top 10 Training Tips

- Reward with praise, touch (petting), and then tasty treats
- Reward while your dog is in the correct position and calm; ignore excitement and anxiety
- Reward immediately; be ready and looking for postitive behavior, rather than fishing in your pockets
- Train before feeding time
- Training comes before play time
- End the session with your dog wanting more
- Be consistent
- Motivate — use your happy voice
- Be patient — it won't happen overnight
- Be a fun person to be around — this is a time to bond with your dog

Notes about your dog:

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PUPPIES FOR PAROLE

To learn more about the commands your dog has been trained to recognize, please visit our website at doc.mo.gov/DAI/P4P_Videos.php and watch the training video, "Staying the Course."

Like us at: facebook.com/MissouriPuppiesforParole

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