

How to Stop Your Dog from Pulling

Based
on:

My Dog Pulls, What Do I do?
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Look at this method as if it were a recipe:

Ingredients:

One Dog
One
Person
Harness or soft collar
Leash
Treats

Method - the short version:

Teach the dog to respond to a signal, for example clicking with your tongue

- ~ **STOP** immediately when the leash becomes tight or is about to tighten
- ~ **WAIT** two seconds - stand still- say nothing
- ~ **MAKE** a clicking or smacking sound with the tongue or lips

When the dog starts to turn his head toward you

- ~ **PRAISE** your dog
- ~ **WALK** a couple of steps in another direction and the dog will follow
- ~ **REWARD** your dog for following

Repeat every time you want to change direction, or whenever the dog is about to pull

Stop when the dog pulls ... make your sound ... reward the dog for his response

HOW TO "CHARGE" AND TRAIN YOUR UNIQUE SOUND

If you are training in a safe place, a leash is not necessary for the first three steps

Step 1. Teach your dog a simple neutral sound which means only one thing - "Follow Me"

Teach it in this way:

- ~ Start inside in a quiet place without distraction
 - ~ Have the dog fairly close and have a treat ready in your hand
 - ~ Use your sound
 - ~ Dog should turn towards you when he/she hears you
 - ~ As soon as your dog turns toward the sound, praise and treat
- ~ Repeat this a few times, he should soon learn that the sound indicates a treat of something pleasant

The dog has now learned that at the signal he should turn to you for a reward

Step 2

- ~ Remain in a quiet place
- ~ Make the sound
- ~ Praise the dog when he turns toward you, and move a few steps away from the dog
- ~ He will follow to get his reward

The dog has now learned to follow you to get a reward.

Step 3

- ~ Ensure that there are still no distractions
- ~ Make your sound
- ~ Praise the dog when he turns towards you
- ~ Take a few steps (just 2 - 3 steps to begin with or the dog will become frustrated and give up)
- ~ Reward your dog when he follows
- ~ Make the sound again and change direction
- ~ Walk in a different direction each time; praise and treat your dog when he follows you.

The dog has now learned to follow you and walk with you wherever you go when you give him your signal.

Step 4

- ~ Continue to work in a place with no distractions
 - ~ The next step is to use a leash (not an extendable leash) and do exactly the same as before.
- ~ Always have a completely slack leash. Be aware of your hand and ensure you don't pull or put any pressure at all on the leash.

Your dog has now learned to follow you on a loose leash.

Step 5

- ~ Continue to work somewhere with no distractions
- ~ Now you can gradually start to increase the difficulty of the exercise
- ~ Walk a few steps further each time
- ~ Change direction frequently

The dog is now learning to walk on a loose leash in a variety of places

Gradually increase the amount of time you practice with your dog from a couple of minutes to five minutes, then ten minutes and possibly more if your dog is able to concentrate for this length of time.

If your dog loses concentration it is because he is tired. It is likely that you have worked for too long. You cannot force anyone to concentrate; you probably realize this from your own experience. The ability to concentrate can vary with age, stress and previous working experience.

Step 6 - Increase the difficulty little by little by introducing distractions.

Distractions can be:

- ~ Cars
- ~ Bicycles
- ~ Children on roller skates, skate boards
- ~ Cats
- ~ Etc.

Always start with the distractions at a distance and gradually move closer as long as the dog is coping well with them.

Step 7 - Start giving treats a little less often, every second or third time, gradually decreasing the frequency with which they are offered. Vary how you use the treats, but never stop using them completely as your dog will need a reward now and again.

By doing this systematically, you will soon have a dog that walks nicely most of the time. If you are consistent, this learning is for life.

Reasons Dogs Pull

1. The dog pulls because when he does, you follow -- in other words - DO NOT FOLLOW
2. You have previously taught your dog by using corrections. The dog has learned to pull because of the timing of your correction:
 - a. The Dog Pulls
 - b. You decided to teach him not to pull by jerking or checking (pulling back) on the leash
 - c. To be able to jerk or check you have to slacken the leash for a moment
Then comes the jerk or check. For the dog, this means, pain, and he learns that the slackening of the leash means pain will follow.
 - d. Your dog will now try to avoid the loose leash in order to avoid the pain that he knows will follow, and consequently he is even more likely to pull on the leash.
3. Walking on leash hurts his neck. He finds it difficult to breathe due to a tight collar, so he tries to escape by getting as far away as possible.
4. You are using (In extendable leash, which is designed to always be taut. Whatever the dog tries to do, the leash is always tight and makes him feel uncomfortable. The dog gives up trying to keep a slack leash.
5. You are irritable. You often yell at the dog, grabbing him by the neck or anything else that is unpleasant - so your dog tries to get as far away as he can - pulling away from your side.

In other words: STOP being the one the dog wants to keep away from. No worthwhile relationship can come of this and he won't learn to walk comfortably with you either.

6. Your dog generally has too high a stress level. It will make him much more active and erratic and he will have a hard time walking more slowly and concentrating on what he is doing.

When we look at the different reasons for pulling, let's consider the following points:

- ~ Do not let your dog pull you. STOP, STAND STILL
- ~ Help your dog to do the right thing and praise and reward him for it.
- ~ Build a bond with your dog. Build up a good relationship and then you will have few problems
wherever you walk together
- ~ Avoid health problems: Avoid jerking and pulling, both of which can cause injuries and which can
often damage the thyroid gland, the neck and the back