

# DITCH THE DRAMA WITH YOUR DOG

8 WAYS TO PUT THE **FUN** BACK INTO YOUR WALKS



## PICK THE RIGHT EQUIPMENT

Choose walking equipment that will reduce discomfort, arousal or frustration. A comfortable, well-fitting harness and straight leash or long line are ideal to reduce adrenalin and anxiety.

## MAKE YOUR HOME YOUR CLASSROOM

Whether the skill will ultimately be used in the home or outside, all training & skill development should start at home where distractions are minimal. Once your dog understands and the training is going well inside, then the training can be moved outside.

## USE TREATS TO YOUR ADVANTAGE

Your dog is always learning - both in training sessions and throughout the day. Have a daily portion jar so that you can build better behaviour by rewarding things your dog does that you like. You can also use it to build positive associations to things in their daily life.

## GET OFF TO A GOOD START

Set the tone for your outings by starting off with calm behaviour before you even leave the house. Develop calm and polite behaviour to get equipment on, go out the door, and even to get out of the car at the destination.



## PROVIDE ENRICHING ACTIVITIES

Avoid going on **A to B** walks which are boring and can cause your dog to focus on the wrong things. Instead, fill your walks with lots of opportunities to sniff and explore, and engage in play and positive training activities. Allowing more room to roam with a longer line is a great idea too. Your dog will love it!

## SET A GOOD EXAMPLE

Pay attention and provide feedback to your dog, Reward behaviour you like. Let them choose which way they want to go when safe and appropriate. Remember it is their walk.

## SUPPORT YOUR DOG

Watch your dog to insure they are comfortable and relaxed throughout the walk. Provide ample space from other people and dogs. Watch for signs of stress and advocate for your dog when necessary.

## USE MANAGEMENT

Preventing undesired behaviour from happening is a key component in a successful training plan. Choose where and when you go to make walks more relaxing for your dog. Add distance from triggers to help keep your dog calm during the outing.

