

CONGRATULATIONS ON YOUR NEW PUPPY

ANIMAL MEDICAL CENTER OF CHICAGO, P.C.

1618 W. Diversey Parkway
Chicago, IL 60614
773-525-3353 Telephone
773-525-3280 Fax

Business Hours:

Monday to Thursday: 7:30am to 8:00pm
Friday: 7:30am to 5:00pm
Saturday: 7:30am to 2:00 pm
Closed Sunday



Welcome to Animal Medical Center of Chicago. You've made the first of many important decisions in your puppy's life simply by deciding to bring them in for their first visit.

Our staff is dedicated to providing you with wellness care for every stage of your pets life. From the moment you walk into our clinic, you'll instantly recognize that we are devoted to your pet's well-being and happiness. We treat your pet as a member of our own family—with love and kindness. You'll often see a pet in a staff member's arms or eagerly awaiting a tasty treat.

We are more than just a pet hospital, and our philosophy is simple,

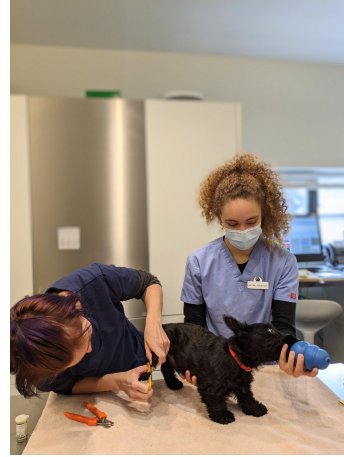
Excellence

Every Time

Every Patient

We are so thrilled you've decided to come and see the AMC difference, and we look forward to being a part of your pets lifelong care.

Fear Free



Animal Medical Center of Chicago is a Fear Free practice. We approach every pet with the goal of minimizing their fear, anxiety, and stress at AMCOC. We want your pet to enjoy coming to our practice. Starting at your pet's first visit to AMCOC, we'll ask you a few questions to get to know your pet's personality better. Be sure to mention any behavior concerns that you have whether at home, around others, or at our practice. In addition to your pet's medical record, we'll also start an emotional record to chart your pet's handling and treat preferences while at the vet. You might see us use treats, gentle touch, or/and slow movements to make your pet feel more at ease while at the vet. In some cases we might even suggest a supplement or anti-anxiety medication to make your pet feel more relaxed. All members of our staff are Fear Free certified and trained to answer your questions regarding your pet's well-being. Our goal is to make sure your pet always has a happy visit to AMC.



For more information on Fear Free visit fearfreepets.com and fearfreehappyhomes.com

VACCINATIONS AND VISITS

Typically, we will start this vaccine schedule at your pet's first visit. Many times, we will limit the number of injectable vaccines to no more than 2-3 vaccines per visit, especially in our young and small breed pets. It is not uncommon that we expand the timeline for administering all vaccines to 18 to 24 weeks of age so we can safely vaccinate. We also recommend a minimum of 2 to 3 weeks between vaccine dates to allow the immune system to generate an appropriate response. Please note that a pet is not fully protected from these diseases until 2 weeks after the last vaccine in its series.

Visit #1: 8 weeks old

- A complete physical examination
- #1 Fecal test (parasite test)
- #1 DAPP vaccine (protects against distemper, hepatitis, parvovirus, parainfluenza)
- Heartworm and flea prevention
- Deworming

Visit #2: 12 weeks old

- A complete physical examination
- #2 Fecal test
- #2 DAPP vaccine
- Bordetella (Kennel Cough) vaccine
- Lyme vaccine (discuss risk)
- Leptospirosis vaccine (discuss risk)
- Influenza vaccine (discuss risk)
- Heartworm and flea prevention
- Deworming if indicated

Visit #3: 16 weeks old

- A complete physical examination
- #3 Fecal test
- #3 DAPP vaccine
- Lyme vaccine booster (if at risk)
- Leptospirosis vaccine booster (if at risk)
- Influenza vaccine (if at risk)
- #1 One Year Rabies vaccine
- Heartworm and flea prevention

To ensure your pet has a long and healthy life, we recommend a yearly physical exam, fecal test, heartworm test, and any vaccines that are due. For highly social dogs or those who are boarded often, consider having a Bordetella booster every six months.

Vaccines are necessary to protect puppies and adult dogs against contagious and potentially life-threatening diseases. Be cautious about who your puppy socializes with and choose their playmates carefully. We do not recommend visits to the dog park/beach until two to three weeks after the last booster vaccine.

Training Dogs to Love Getting Vaccinations and Other Injections

By Dr. Sophia Yin

OVERVIEW

We can train animals to love procedures and other things that they dislike or even hate by combining the process of **counterconditioning** with **desensitization**.

With **classical counterconditioning** we train the pet to associate the handling with things she likes such as food, treats, petting, or play so that she's in a positive emotional state rather than feeling fearful or angry. We generally combine counterconditioning with **desensitization**, meaning that we start by introducing the handling or aversive stimulus at a level that the pet barely notices and gradually increase the level. The goal throughout the process is that the pet always acts as though she doesn't even notice the handling or stimulus that she previously disliked.

With **operant counterconditioning**, we train the pet to perform a behavior that's incompatible with the undesirable behavior. Ideally the pet earns a reward so that she's simultaneously learning a positive association with the situation. For instance, we may reward a pet to remain stationary and calm while you perform a given procedure.

Part 1: Training dogs to associate skin-handling with treats.



Fig.A, Step 1: Start by holding or pinching the dog's skin while feeding him a treat. The goal is to have him ignore the pinching and eat the entire time, so be sure you're not pinching hard enough to distract him from the treat.



Fig.B, Step 2: When he's finished with the treat, pull away your feeding hand and pinching hand. Then repeat the procedure. The puppy should learn to associate skin handling with treats.

This page is excerpted from, *Low Stress Handling, Restraint and Behavior Modification of Dogs and Cats*, by Dr. Sophia Yin. (www.nerdbook.com)

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Part 2: Switching to rewarding for calm behavior when skin is handled.



Fig.C, Step 3: When the pup stays calm no matter how rough you are or where you grasp the skin, you can either vaccinate him now or try some operant counterconditioning first. To continue training with the latter, grasp the skin for several seconds.



Fig.D, Step 4: Then release the skin and immediately follow with treats as long as he has remained still. This way, he learns that holding still while you grasp the skin leads to treats. Use a clicker or "yes" to mark the good behavior if the puppy is already familiar with this type of training. If he reacts to handling, go back to step 1 or modify step 1 by pairing the treat with handling 1 second after you start handling.

Part 3: Giving the injection.



Fig.E, Step 5: If the pup is at all afraid of syringes, place food (try peanut butter or canned cheese) on the syringe and let him lick it off. When he consistently tries to lick the syringe as soon as he sees it, whether or not there's any food on it, you know he associates it with good things.



Fig.F, Step 6: Now place some treats on the floor for him to eat while you grasp his fur and poke his skin with the capped syringe. You can also distract him with food when giving actual vaccinations or other injections.

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PARASITES AND PREVENTION

Fecal Test

A fecal test detects intestinal parasite (worm) eggs in the stool. Many parasites are zoonotic, meaning that they can be transmitted to people, particularly children and those with compromised immune systems. It is assumed that all puppies have parasites. They can be infected prior to birth via the mother's placenta or shortly after birth when ingesting their mother's milk. It is imperative to check fecal samples at each visit-even if the first sample is negative. Worms shed eggs intermittently in the feces which

can result in a false negative fecal test result. We automatically deworm puppies at least two times after weaning due to a 95% incidence of intestinal parasites.



Heartworm Disease and Test

A blood test is taken to detect the presence of heartworms. Dogs are tested once yearly beginning at one year of age. An infected mosquito transmits heartworm disease to dogs by biting and injecting larvae into the bloodstream. These larvae mature and migrate to the heart and surrounding vessels. This life-threatening disease can be prevented by administering a monthly preventative. We recommend Heartgard and Simparica Trio, oral medications given once monthly year-round to help prevent heartworm, hookworms and roundworms, all of which are prevalent in Chicago's high pet population.

Fleas

Fleas are wingless, jumping insects that bite your dog for a blood meal. A single pair of breeding fleas may produce 20,000 fleas in 3 months. Fleas are commonly found around the base of the tail, groin, and abdomen. The flea feces consist of digested blood and presents as tiny black granules on the hair and skin. If you smudge the granules against a damp paper towel and see a reddish/brown color, your puppy has fleas! Fleas not only cause irritation to the skin, but can transmit tapeworms. If a puppy ingests a flea while grooming itself, the flea may release tapeworm eggs. These eggs mature in the small intestine, developing into a long, segmented flatworm. The segments of this worm break apart and look like grains of rice on your puppy's rectum or in its feces. We recommend using Nexgard or Bravecto for flea and tick control year round for dogs. Both are oral tablets: Nexgard is given once monthly and Bravecto is given every three months. Both are great products, so choose whatever works best for your schedule.

SPAY AND NEUTER

Castration (Neuter)

The actual age to neuter your pet is dependent on many variables - such as their breed, expected adult weight, health and temperament. We usually recommend neutering small to medium sized puppies at six months of age or older. In large breed dogs, we usually recommend neutering at 12 months of age or older. By castrating your dog while young, you can minimize some undesirable male behaviors like urine marking and wandering. Castration decreases the chance of prostate enlargement, perianal tumors, and eliminates the chance of testicular cancer. A small incision is made just in front of the scrotal sac and the testicles are removed via the opening. This procedure can be performed at our hospital. Pets typically stay just for the day and are discharged that same evening with pain medication and anti-inflammatory drugs to ensure a comfortable recovery.

Spay (Ovariohysterectomy)

Female puppies can be spayed around six months of age or older. In some small to medium breed dogs, we may recommend having this surgical procedure done before her first heat cycle because it can significantly decrease the chance of mammary cancer later in life. In some medium to large breed female dogs, we may recommend this surgery at one year of age to decrease the incidence of orthopedic problems. In addition, it eliminates the possibilities of uterine or ovarian cancer and uterine infections. This procedure can be performed at our hospital and is usually a one-day hospitalization stay. Your pet will be discharged with pain medication and anti-inflammatory drugs to ensure a comfortable recovery.

Blood work

We will perform pre-anesthetic blood work prior to a neuter, spay or any other procedure requiring general anesthesia. This screen allows us to assess your pet's health, including liver and kidney function and a complete blood count before giving any anesthetic drugs.

Microchip

We recommend having a small microchip implanted between your pet's shoulder blades to serve as a permanent identification device. If your pet should ever get lost without its ID tags, and is found by a stranger, the local shelters, humane societies, veterinary clinics, and animal control agencies all have universal microchip scanners to read these chips and reunite you with your pet. Keep your address and phone number up to date with the microchip company. We recommend implanting the microchip at the time of its spay or neuter, however, the procedure can be done at any time, since anesthesia is not required. Great news- our new microchips now have temperature sensors in them. The next time your puppy needs it's temperature taken, it's simply performed by placing a scanning device over the site where the microchip was placed and it's read in seconds. Stress free and accurate!

PLANNING FOR EMERGENCIES

Medical care for your dog can be expensive, especially if your dog is seriously ill or injured. It is wise to plan ahead. There are several companies that offer insurance for your pet. We recommend researching some of them to choose a plan best suited for your pet. In addition to insurance, many owners start a pet emergency fund or set aside a credit card to use for pet expenses when they get their puppy. Insurance, emergency funds and/or a special credit card can help to ease the stress of emergency pet care. Preparing for emergencies may be the difference between life and death for your beloved pet.

Helpful Hint: One tip that can save your dog's life is to keep your dog on a leash if it is not in an enclosed environment. The reality is, dogs are unpredictable, and can stray suddenly. Please leash your dog to protect it from injuries due to aggressive dogs or from being hit by a car. Always ask other pet owners if their dog is friendly before allowing your pets to interact.

List of Emergency Service Locations

If your pet is sick, injured or has accidentally ingested poisonous material or medication, call us at 773-525-3353. If we are closed, please call an emergency clinic in your area. These numbers are provided on our after hours answering machine. A current list is provided below.

Premier Veterinary Group

3927 W. Belmont Ave. Chicago, IL 60618

Phone – 773.516.5800

Open 24 Hours

Veterinary Emergency Group

755 W North Ave, Chicago IL 60610

Phone - 312.757.5444

Open 24 Hours

MedVet

330 N California Ave, Chicago IL 60618

Phone – 773.281.7110

Open 24 Hours

Potential Toxins

Human medications, including over the counter, herbal supplements and multivitamins can be toxic to pets. Rodent bait is particularly dangerous to dogs. Certain foods such as chocolate, grapes and macadamia nuts can also be toxic. If your pet accidentally ingests poisonous material or medication, please call us immediately at 773-525-3353 or if it is after business hours please call **Animal Poison Control** at 1-888-426-4435 (note there is a \$60 phone consultation fee) If possible, please have the package or name of the material ingested, the amount your pet ate, how long ago it happened, your pet's weight, and a credit card.

10 FOODS DOGS CANNOT EAT

1 AVOCADOS Avocados contain persin, which can make your dog vomit or have diarrhea. The seeds can also be swallowed and get stuck in your dogs stomach.		2 GRAPES & RAISINS No one is exactly sure why grapes and raisins cause kidney failure in dogs, but they do. As little as 1 or 2 grapes could be toxic.	
3 ONIONS, GARLIC, CHIVES Your dog ingesting these foods can kill off their red blood cells and cause anemia. Eating too much can cause poisoning.		4 MACADAMIA NUTS Macadamia nuts can cause vomiting, weakness, ataxia and depression. Even a small amount can be poisonous to your dog.	
5 CHOCOLATE Just a little bit of chocolate can cause diarrhea and vomiting. Too much can cause seizures, irregular heart function, and death.		6 RAW EGGS Raw eggs are not necessarily toxic, but they may cause food poisoning. Cooked eggs, scrambled and hard boiled, however, can be a tasty treat.	
7 ALCOHOL Alcohol can affect dogs in the same way it affects humans. It can cause breathing problems, coma, and even death. The smaller the dog, the worse the effects can be.		8 WALNUTS The actual nut isn't exactly the issue, it's the toxic mold that can form on the nut. It is a powerful mold that can cause tremors and seizures.	
9 XYLITOL (ARTIFICIAL SUGAR) Xylitol is an artificial sweetener used in foods. For dogs, this sugar is quickly absorbed into their bloodstream, which harms their pancreas and causes liver failure.		10 CAFFEINE Caffeine can kill your dog. Always be sure to keep coffee grounds and anything containing caffeine out of reach.	

Toys

Buster Cubes and Kong toys are great when leaving a puppy alone – fill them with kibble, treats, peanut butter or cream cheese and the puppy will spend hours trying to get the food out. Please do not leave your puppy unattended with rawhides, soft toys, rope toys, or plastic toys that can be chewed apart and ingested. Ingestion of these items could cause an intestinal blockage or at a minimum, an irritation. Bones are never recommended; they can fracture teeth and cause GI irritation or obstruction.



Nutrition

There are many good diets on the market. Choose a premium diet that is nutritionally complete, has the AAFCO seal of approval and the company has performed feeding trials on the diet. We recommend using “large breed growth” for puppies that will weigh over 50 lbs as adults. Always read the ingredient list to see if you recognize them. If the ingredients do not sound familiar or are chemically composed, choose a simple more wholesome diet. Our staff has extensive education in pet nutrition, so please feel free to ask for specific recommendations. Please reference the calorie guidelines enclosed in this package. We only recommend feeding grain inclusive diets to all dogs. Grain-free diets have been linked to causing heart disease in dogs.

Dental Care

We recommend brushing your dog’s teeth daily with a soft toothbrush, finger brush or gauze square and toothpaste specifically made for dogs. Taking care of your pet’s teeth will help to prevent periodontal disease which causes pain, bad breath, and possible tooth loss. Pets who receive daily brushing at home can greatly minimize the frequency of a professional cleaning. We will examine your dog’s oral cavity at each annual exam and evaluate your pet’s dental needs. Small breeds are more prone to tartar and plaque buildup.



Daily Calorie Requirements for Dogs

body weight In pounds	puppy up to 4 mos.	puppy over 4 mos.	neutered adult	Intact adult	obese prone	weight loss
1	115	77	61.5	73	58	X
2	194	129	104	123	97	X
3	264	176	141	168	132	X
4	330	220	176	198	154	110
5	390	260	208	234	182	130
6	447	298	238	268	209	149
7	501	334	267	301	234	167
8	552	368	294	331	258	184
9	603	402	322	362	281	201
10	654	436	349	392	305	218
11	702	468	374	421	328	234
12	750	500	400	450	350	250
13	795	530	424	477	371	265
14	840	560	448	504	392	280
15	885	590	472	531	413	295
16	930	620	496	558	434	310
17	972	648	518	583	454	324
18	1017	678	542	610	475	339
19	1059	706	565	635	494	353
20	1098	732	586	659	512	366
25	1299	866	693	779	606	433
30	1491	994	795	895	696	497
35	1674	1116	893	1004	781	558
40	1848	1232	986	1109	862	616
45	2019	1346	1077	1211	942	673
50		1458	1166	1312	1021	729
55		1566	1253	1409	1096	783
60		1670	1336	1503	1169	835
65		1774	1419	1597	1242	887
70		1876	1501	1688	1313	938
75		1976	1581	1778	1383	988
80		2074	1659	1867	1452	1037
85		2170	1736	1953	1519	1085
90		2264	1811	2038	1585	1132
95		2358	1886	2122	1651	1179
100		2450	1960	2205	1715	1225

Training Dogs and Cats to Love Having Their Teeth Brushed

By Dr. Sophia Yin

OVERVIEW

We can train animals to love procedures and other things that they dislike or even hate by combining the process of **counterconditioning** with **desensitization**.

With **classical counterconditioning** we train the pet to associate the handling with things she likes such as food, treats, petting, or play so that she's in a positive emotional state rather than feeling fearful or angry. We generally combine counterconditioning with **desensitization**, meaning that we start by introducing the handling or aversive stimulus at a level that the pet barely notices and gradually increase the level. The goal throughout the process is that the pet always acts as though she doesn't even notice the handling or stimulus that she previously disliked.

With **operant counterconditioning**, we train the pet to perform a behavior that's incompatible with the undesirable behavior. Ideally the pet earns a reward so that she's simultaneously learning a positive association with the situation. For instance, we may reward a pet for remaining stationary and calm while you perform a given procedure.

The steps shown below can be used with both dogs and cats.



Fig.A, Step 1a: Place something tasty, such as canned pet food, Kong Stuff'N liver or peanut butter paste (The Kong Company, Golden, Colorado) onto a pet toothbrush.



Fig.B, Step 1b: Or use a tasty pet toothpaste. The toothpaste should be formulated just for pets. It has enzymes that degrade the bacteria on the teeth and is safe for pets to swallow. Regular toothpaste for humans is not meant to be swallowed and could cause an upset stomach.



Fig.C, Step 2: Hold the toothpaste-smeared toothbrush to the dog and cat's mouth to let him lick off the treat. If he likes it, repeat this step several times. Then move on to brushing his teeth.



Fig.D, Step 3: With the treat or toothpaste on the brush, insert the brush just inside his lips so that you can brush the outside of his teeth. Be careful not to insert your finger between his upper and lower tooth and accidentally get bitten. If done correctly, dogs and cats should look forward to their daily brushings.

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TRAINING

How to help your puppy grow up into a great dog by using positive reinforcement!

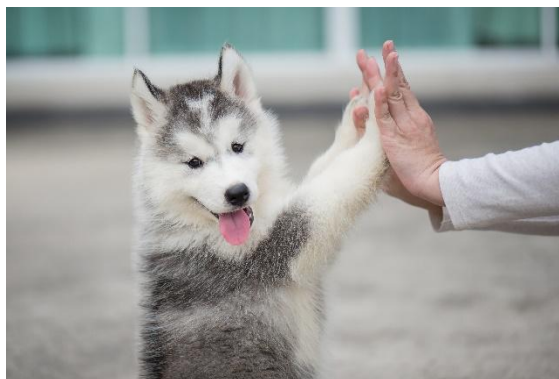
Practice daily: Sitting for *everything* (food, walks, attention)

- Brushing teeth
- Cleaning ears – never insert objects into the ear canal unless directed by a doctor!
- Handling feet and nails
- Giving medication
- Waiting at the door
- Entering and leaving vehicles
- Relinquishment of toys
- Grooming
- Belly rubs
- Quiet times (entertaining themselves by playing with toys)
- Monitor food intake and urine/fecal output

On a regular basis, take your puppy for a short car ride that doesn't always end up at the vet's office. Also, if you are out on a walk, feel free to stop in for a social visit to encourage a positive association with the clinic.

We recommend enrolling your puppy in a training class. Dogs benefit from the training and exercise and the classes encourage a positive pet-owner bond. There are also many things that you can do on a daily basis to help prevent behavior problems with your new puppy:

- Teach your puppy correct behaviors, rather than telling them what not to do. (Example: have your puppy sit when meeting new people, rather than yelling "No!" as they jump on someone).
- Control what your puppy learns through management. This takes forethought when bringing a new puppy into your home. Remember that everything is a chew toy to them. Puppy-proof your home by moving valuable objects out of the puppy's reach. (Example: to prevent a puppy from digging in the potted plants, do not allow access to the plants for a few months).
- Communicate when the correct behavior is occurring and praise/give treats to reinforce the desired behavior.
- Be consistent with your praise and discipline. Inconsistency and unpredictability cause fear and anxiety.





Teaching Fido to Learn To Earn

Dr. Yin's Leadership Protocol (11/10/09 update)

A. Introduction

B. Overview

- Say Please by Automatically Sitting is the Foundation Behavior
- How Say Please by Sitting for Everything Helps Owners Become Leaders
- The Benefits: How it Changes Your Dog's Perspective
- Why Training All Day for All Resources and Kibble is Important
- The Necessity and Benefit of Tethering Your Dog to You (forming a connection)

C. Implementing the Program

- Say please by sitting automatically
- Two leave-it exercises
- Now apply these to other resources and situations

A. Introduction

It seems like common sense that the first step to fixing many behavior problems is to gain leadership skills, but does that mean you have to boss your dog around? Twenty years ago the general consensus was that leadership with our dogs was all about calm intimidation—throwing the dog into a dominance down on his side or forcing him into an alpha roll until he taps out and withholding all affection until he was behaved.



Since then, updated methods based on the psychology of behavior have trickled down to the world of pet dog (and cat) behavior. The new way for gaining leadership is by controlling all the resources that motivate the pet and require the pets willingly work for these items instead of getting them for free. Now, the focus is on using all valued



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Yin's Leadership Protocol: "Teaching Fido to Learn to Earn"



Teaching Fido to Learn To Earn

Dr. Yin's Leadership Protocol (11/10/09 update)

resources to reward desirable behaviors while simultaneously removing the rewards for undesirable behavior.

This overall approach has been called *nothing in life is free, no free lunch, or the learn-to-earn program*. Each behavior consultant has his or her own variation. The following presentation is my own version of the Learn to Earn Program for Gaining Leadership with Your Pets.

B. Overview

B.1 Say Please by Automatically Sitting is the Foundation Behavior

In this learn to earn program, you will use everything your dog wants to your advantage as rewards for training purposes. The dog will learn to earn everything she wants by politely and automatically **saying please by sitting**. She will at the same time, learn that performing undesirable behaviors such as jumping on you cause the potential rewards for those behaviors to go away.

For the fastest training dogs should earn their meal throughout the day when you are home. That means no food in the food bowl. Instead you'll carry food around with you in your pockets or bait bag or have it available in easily accessible containers in throughout the house. Then throughout the day, when you are home, you'll reward appropriate behavior.

B.2 How the Learn to Earn Program Leads to Leadership

This program consists of your setting clear rules for the dog to sit for all resources. It's your job to communicate the rules by immediately (i.e., within 0.5 seconds) reinforcing correct behaviors as they occur, and preventing the dog from receiving rewards for undesirable behaviors.

Leadership is established when you can set clear limits for the dog's behavior and can effectively communicate the rules by always rewarding correct behaviors as they occur while preventing or immediately removing the rewards for undesirable behaviors before they are accidentally reinforced. The owner must stick to this plan long enough for the good behaviors to become a habit. When owners can meet these criteria, their dogs will consider them to be consistent, predictable, and able to guide them. Alternatively, when rules change randomly the dog may view the owner the same way you might view a boss who keeps changing their mind. Overall with the Learn to Earn Program, rather than complying out of fear, dogs can choose to follow human direction because doing so leads



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Yin's Leadership Protocol: "Teaching Fido to Learn to Earn"



Teaching Fido to Learn To Earn

Dr. Yin's Leadership Protocol (11/10/09 update)

to rewards and then doing so becomes a habit. This model reflects a good understanding of the underlying cause of improper canine behavior and leads to a stronger dog-owner bond.

B.3 The Benefits: How the Program Changes Your Dog's Perspective

Because dogs learn that the only way they can get what they want is by sitting and looking to you for permission, the learn to earn program teaches them

- to control their emotions (self control) even if that means remaining calm in order to get attention from you.
- to pay attention to you, your words, signals and guidance are important.
- when faced with a difficult situation, they can and should look to you for guidance.

Consequently, the learn to earn program is useful for dogs with fear, anxieties (including separation anxiety), arousal issues or hyperactivity, inability to focus on their owners, well as just general lack of training and unruly behavior.

B.4 Why training all day, for all resources, and all kibble is important

This training throughout the day and for all resources, including each kibble may seem a huge inconvenience but doing so will make a huge difference. Here's why we do it.

- **So your dog will develop a habit rather than a trick:** If you only train in specified sessions, your dog may just learn to behave during those training sessions. The things you do such as pulling out a treat bag or placing a special collar on, will become the cues to behave for a short time rather than all the time.
- **Because you're training your dog all day anyway:** Whether or not you're aware of it, every time you interact with your dog, you're either training your dog behave desirably or your training undesirable behavior. For instance if you reward your dog for sitting to greet you when you come home on day one and remove rewards for jumping to get your attention, yet later in the day your dog comes over in a less excited state and you pet her when she shoves first her nose and then her front paws onto your lap, you're negating your earlier training. That is in one instance you're training her to politely ask to be petted; in the second case you're training her that it's ok for her to push her way in. So regardless of whether you think you're training your dog all day, you are. If you're unaware of what you're doing, you may be spending more time training bad behaviors than good behaviors.
- **To get overnight success:** Because most dogs eat a least 100 pieces of kibble per day, if you're using the dog's regular meal as a reward she'll get lots of rewards during the





Teaching Fido to Learn To Earn

Dr. Yin's Leadership Protocol (11/10/09 update)

day and consequently learn the new behaviors quickly. Then, if, on top of that you add other resources such as petting, attention, play, when she wants these things, you'll increase your potential rewards even more. Add to this, removal of all rewards for undesirable behavior and now you have a formula for changing the dog's behavior patterns virtually overnight (meaning days to weeks instead of weeks to years).

- **Often when they are misbehaving it's because they want a resource anyway. If you're aware of what they want, you can use it to your advantage.** For instance if your dog gets overly excited to go on walks, meaning she jumps around when you want to put the leash on and then dart out the door, you can train her that that the leash only goes on if she sits and she on get to go out the door if she sits and focuses on you until you give her a release word. That is, ultimately for these behavior, the reward is not food, it's getting the leash on and going out the door.

B.5 The necessity and benefits of tethering your dog to you at first

In the first days of training your dog should be tethered to you on leash at all times when she isn't in her crate or pen or tethered to an object near you. The reason dogs should be tethered to you or to furniture or confined at all times is that this way

- She's always near making it easier to reward good behavior. Otherwise you tend to forget and miss opportunities, which makes the training take exponentially longer.
- Because she's supervised it's difficult for her to perform bad behavior.
- Tethering to you teaches your dog that when she doesn't want to pay attention to you, she can't just blow you off and walk away and then get rewarded by something else, such as a toy that she grabs. That is, by tethering her to you help prevent rewards for undesirable behavior.

In general a dog should stay on this tethering stage until she readily and automatically quickly sits when she wants something—food, attention, to go out the door, etc— **and also has a 100% come when called the first time you call even when there are distractions in the house.** For dogs that I work with in my house, this takes just several days or at most a week. I use a Buddy System hands free leash (www.buddysys.com) for the tethering to me or to furniture.

C. Implementing the Program

#1 First Teach Your Dog to Automatically Say Please By Sitting for Treats

(Watch videos at www.AskDrYin.com)



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Yin's Leadership Protocol: "Teaching Fido to Learn to Earn"



Teaching Fido to Learn To Earn

Dr. Yin's Leadership Protocol (11/10/09 update)

Just hold a treat when you have a hungry dog (on leash) and quietly want for her to sit. Once she sits, immediately give her a treat (kibble or treats) followed by a few more for sequentially for remaining seated. Then take a few steps backwards, far enough so she has to get up and follow, and then repeat the exercise. Repeat the exercise 5-10 times and stop while she still wants to play more.

Randomly play this repeat sit game during the day. The goal is that she thinks sitting is fun and trotting after you and sitting fast becomes a game. Even try to get 10 repeat sits in a minute. When she can do this easily, start rewarding her on a variable ratio where she may get rewarded every 1-3 times she performs the behavior correctly.

#2 During the Day Keep Her Tethered to You When You're At Home (or to furniture when you're at home) and Reward Her For Saying Please Until the Behavior Becomes a Habit

Once she knows this sit for treats well, which usually takes just 5-15 minutes, then throughout the day when you're home and she's tethered to you reward her with treats (kibble) for sitting. If she tries to nudge, paw or jump on you to get the treats, stand still like a tree and ignore her until she sits. For instance if you're working at your desk and she puts her paw on your lap, immediately stand up so it's clear that doesn't work, then when she sits and looks at you, give her a series of treats. Or if you walk to the kitchen and clean the counters and she sits, reward her with a series of treats. As she improves use fewer treats and space them further apart.



Remember that when he's attached to you, he only gets to move from place to place if he's on a loose leash. Pulling makes you turn into a pole that's firmly planted and thus that remains completely stationary until the leash becomes loose. You can tell when you've been consistent because as soon as he hits the end of the leash he comes back to look at you. If when he hits the end his first reaction is to pull harder, you know you've accidentally trained him that pulling gets him where he wants to go.

#3 Next Apply this Exercise to the Game of Leave-it version 1



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(For a more complete version of this exercise read How To Behave So your Dog Behaves). This exercise teaches the dog to 1) look to you for guidance in new situations, 2) that he can't get what he wants unless he asks you for permission anyway, 3) that blocking means he can't get by, and 4) that a release word such as "ok" means he can have what he wanted.

Toss a treat on the ground and then block him from getting it. If he tries to make a dash, quickly sidestep (like a basketball player on defense) to make your block. Avoid grasping his leash with your hands. Each time he makes a move, thwart him by positioning yourself in his path. Because you're not confusing him with chatter, he'll figure out that he can't get to what he wants and then sit and look at you. Immediately give him a treat while he's still sitting and then give a few more for remaining seated. When he's stably looking at you instead of the treat move aside so he has a clear path to the treat but be ready to block him again if he starts to get up. Give him a string of treats for looking at you and when he's stably looking at you then release him with an "ok" and point to the treat to indicate he can get up and get it. Repeat this exercise until he immediately sits down and remains focused on you until you give the release. At that point you can add a cue word "leave-it" right before you drop treats. You can also start practicing in more realistic settings, such as by randomly dropping food in the kitchen or a toy in the living room, telling him to "leave-it" and then blocking him if needed so he doesn't get it.

#4 Then add the Leave-it Game version 2

In this version you toss the treat out of leash range and then stand completely still. When he pulls to the end of the leash and you fail to budge, he'll soon figure out pulling gets him nowhere. He'll turn back and sit in front of you. Give him a sequence of treats and then when he has a stable "watch" then say the release word and point to the treat. Make sure he can get to the treat on a loose leash or you will have negated what you just did. Note that this exercise helps teach him that when he gets to the end of his leash he should turn and then sit and look at you.



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#5 Now Require That Your Dog Sit Politely for Everything She Wants.

(http://www.youtube.com/watch?v=ct_uYoQx12A)

Say please by sitting automatically to be petted: This is the most difficult exercise for people because humans tend to pet pets without thinking. This exercise is especially important for dogs that jump on people for attention or that are highly motivated for petting and attention and anxious when they don't get it when they want it (such as with separation anxiety). In this exercise only pet the dog when she's sitting. Pet in short 5 seconds bouts so that you can reward her for remaining sitting. Remove your hands and even stand up straight and look away if the dog even starts to get up. For wiggly dogs you can start by giving treats while petting so the dog will hold still, and stop petting and treat giving at the same time. Then work towards petting followed immediately by giving treats before the dog starts to wiggle. Then pet while the dog's getting treats but space the treats out in time. Then stop giving treats altogether and just reward with the petting. For dogs that are really wiggly, hyperactive, or anxious, require that they lie down instead of sitting to be petted.



Say please by sitting automatically to get the leash on or have taken off: Wait for your dog to sit politely before you go to put the leash on. If needed you can give treats while putting the leash on. If treats are needed, practice putting the leash on at least 5-10x in a day. That way by day two or three treats will no longer be required.

Say please by sitting automatically to go through door: The leave-it technique applies to waiting to go through doorways. Instead of letting Fido rush past you, first wait until he sits to open the door. Then when you open the door, block him as you learned in the leave-it exercise from coming out. Only let him through the door when he's sitting stably and focused on you.

Say please by sitting automatically to get out of the car: If your dog loves riding in the car, and in particular getting out, then have her sit patiently before you let her out of the



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car. Again use the blocking exercise to train this. Ultimately the goal is she automatically sits and waits for your release word and doesn't need any treats.

Before you toss a toy: When Fido wants to play fetch, wait until he sits to toss the toy to him. If he has huge arousal issues around toys, then actually teach him to sit or lie down and remain seated even after you toss the toy. This exercise is particularly important for dogs that get more aroused and unruly during or after playing fetch and with those who are possessive over their toys.

Say please by sitting in order to get your to approach: For dogs that are overly dependent and who whine or bark when you are out of their reach because they you're your attention, tether them to furniture and walk away. Then go up and pet them only if they will sit when you are just outside of their petting range. When they understand this association, then graduate to expecting them to sit if they want you to approach. That is, we want them to learn that whining, barking, and howling do not work to get your attention; rather, sitting or lying down and controlling their emotions is what gets you to approach and pet them.

These are the standard times when dogs should say please by sitting but also tailor the "please" to your needs. Some dogs may need to understand in additional situations that they only get what they want when they are calm and collected. Overall these exercises will help your dog be calmer, more focused and exhibit better self control. As a result he'll be able to be more attentive to your signals and directions.

To view video of these exercises go to:

- www.AskDrYin.com/elearning and watch the Say Please By Sitting chapter of the MannersMinder Course (This is currently the most complete set of videos)
- www.AskDrYin.com: View free videos on the movies page. View the ones with the words "please," "sit," or "leave-it."
- Stay tuned for the **online animal behavior course** at www.AskDrYin.com/elearning on puppy training. This course goes all of these exercises during a puppy's first week in a new home will have the most complete version of the learn to earn program.
- **Or watch the videos on the DVD Dr. Yin provided during the consult.**



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For more detail on how to do the individual exercises, read section 3 of *How to Behave So Your Dog Behaves*.



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Teaching Dogs to Love Having Their Toenails Trimmed*

By Dr. Sophia Yin

OVERVIEW

We can train animals to love procedures and other things that they dislike or even hate by combining the process of **counterconditioning** with **desensitization**.

With **classical counterconditioning** we train the pet to associate the handling with things she likes such as food, treats, petting, or play so that she's in a positive emotional state rather than feeling fearful or angry. We generally combine counterconditioning with **desensitization**, meaning that we start by introducing the handling or aversive stimulus at a level that the pet barely notices and gradually increase the level. The goal throughout the process is that the pet always acts as though she doesn't even notice the handling or stimulus that she previously disliked.

With **operant counterconditioning**, we train the pet to perform a behavior that's incompatible with the undesirable behavior. Ideally the pet earns a reward so that she's simultaneously learning a positive association with the situation. For instance, we may reward a pet to remain stationary and calm while you perform a given procedure.

Toenail trims should not be a traumatic event. There's no need to forcefully hold down a puppy to keep him from struggling for this procedure. Use classical and operant counterconditioning techniques to help the puppy easily accept having his nails trimmed.

Part 1: Classical Counterconditioning: Train the dog to associate foot handling with treats.



Fig.A, B, Step 1: First get the dog used to having his feet touched using classical counterconditioning. It might be easiest to place the puppy on his back on your lap. Handle his feet while giving treats. Then stop handling and stop giving treats simultaneously. Repeat. Both puppies and adult dogs can be trained to enjoy lying on their back before you train them to enjoy the toenail trim. You may opt to train adult dogs to lie on their side for this procedure or remain seated.

*To see video depicting this protocol go to www.AskDrYin.com.

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Part 2: Operant Counterconditioning: Rewarding after the dog holds still for handling.



Fig.C



Fig.D

Fig.C, D, Step 2: Switching to operant counterconditioning, now handle the feet without giving treats. As soon as you stop touching the feet, reward the puppy for holding still. If needed, you can add an intermediate step where you pair treats with foot handling 1 or more seconds after you start handling the feet.

Part 3: Adding the toenail trimmers.



Fig.E



Fig.F

Fig.E, F, Step 3: Add the toenail trimmers. Clip one or two nails and then reward for calm behavior before he struggles. If you have 2 people, you can introduce the nail trimmers in step 1 using classical counterconditioning.

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House Training

Eating, drinking, playing, and waking up all stimulate the need to eliminate. Take the puppy outside 15 to 30 minutes after a meal and let him explore for about 5 minutes. Going outside is strictly business – no playing around until elimination occurs. Praise him and/or give him a treat when he eliminates. If your puppy is not eliminating, bring them inside and put them in a crate or keep them under strict supervision by



attaching their leash to your clothing. In 20 minutes, repeat the outdoor activity. Puppies should be taken out every 2-4 hours initially. As they mature, you can increase the interval between potty breaks. Do not allow your puppy free access to food all day long unless instructed by your veterinarian. Offer three meals per day, and pick up the food after twenty minutes if your puppy hasn't eaten it. Offering your puppy water only at designated times throughout the day, rather than leaving the bowl down constantly can help him with house training. It is also helpful to remove any drinking water after 8 p.m. to avoid accidents. Always clean any soiled areas by thoroughly removing urine and feces, then using an odor neutralizer like Anti-Icky-Poo so that your puppy does not keep returning to the area. The following chart outlines how often your puppy will need to go outside to eliminate:

Puppy's Age in Months	Hours Between Elimination Breaks
2	2
3	4
4	5
5	6
6	7
7	8

Crate training

Crate training is a valuable management tool if a puppy cannot be supervised. To teach your puppy that the crate is a place of comfort, never use it for punishment. Hide rewards in the crate to encourage your puppy to investigate. A Kong toy stuffed with treats is excellent for this purpose. Keep string/rope toys and those that could be ingested out of the crate when your puppy is alone. Remove his leash and collar so your puppy does not get caught when alone in the crate. Try feeding your puppy in the crate with the door open. Use the crate at times when you are home. Don't reserve it only for when you are leaving. To minimize accidents in the crate overnight, do not allow access to water after 8 pm while training.



Socialization

Start socializing your puppy at 8 weeks of age with other sociable pets and people. Initially walk your puppy in your immediate neighborhood. Stay away from the busy dog parks until your puppy has completed the series of vaccines. These dog parks are great gathering places for adult dogs, but can harbor infections that a puppy may not fight off because of his immature immune system. You can also visit your dog-owning friends. There are many benefits to socializing your puppy. A puppy that is bored will find activities that may not be appropriate. Socializing your dog will teach him to be calm in new situations or novel environments and result in less hyper excitability.

Socialization tips:

- When your puppy encounters an unusual sight, gradually get closer to the stimuli while encouraging your puppy and giving tasty treats.
- Ask new people whom you meet on walks to give your puppy a treat (make sure the puppy sits first!).
- Socialize your puppy to cyclists, joggers, strollers, people of different ethnic backgrounds, men with beards, etc.
- If at any time your puppy is frightened (trying to run away, tail tucked or nipping) back away from the stimuli until your puppy is relaxed again.
- Start from this new distance to build up your puppy's confidence, and then gradually get closer to the stimuli.
- The goal is for your puppy to be comfortable around stimuli that was previously frightening.



Training Dogs to Love Their Crates*

By Dr. Sophia Yin

OVERVIEW

To those who are new to the concept of crate training, confinement in such a small space might seem like some sort of medieval torture. But free-roaming dogs seek shelter in small, enclosed spaces and feral cats hide in small, dark spaces to avoid being eaten by coyotes and other predators. In fact, anyone who's visited a person with cats knows that when unfamiliar people enter their home, many cats immediately run for cover in places much smaller than a comfy travel carrier. Based on this natural history, one can see how pet dogs and cats can easily be trained to perceive a travel carrier or crate as a cozy cave or a home away from home (and one that can be taken with them wherever they go). In fact, all dogs and cats should be trained to enjoy being in a travel carrier or crate so they feel comfortable traveling. For dogs, in particular, learning to enjoy staying in their crates for extended periods of time can be important for teaching them that it's okay to be alone in their "bedroom." Then they'll be less likely to develop anxiety when separated from their owners down the road. Both dogs and cats can even be trained to sleep quietly in their crates at night.

Training pets to see their crate or carrier as their personal bedroom is simple even for cranky cats and adult dogs, and usually takes less than a week. It's all about teaching them that great things happen when they're in their crate (classical conditioning). The great thing we will use is food. Throughout the process, other motivators can be used, as well.

Part 1: Turning the Crate into a Pooch Palace.



Fig.A: If the dog really dislikes being confined, start by feeding his daily meals just outside the crate.



Fig.B: When he's comfortably eating his meals in this new location, move the food just inside the crate so he has to stick his head in to eat. If he's the type of dog who will get scared if he hits the door when going in or out, start with the door removed from the crate.



Fig.C: The dog should readily stick his head inside the crate. If he's comfortable, he'll eat his entire meal without backing out to look around.



Fig.D: Gradually move the food dish farther inside the crate until the dog easily goes all the way into the crate.

*To see video depicting this protocol go to www.AskDrYin.com.

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Fig.E: For most dogs, reaching this point takes less than 3 days of twice-daily feedings.



Fig.F: Once he's finished with his meal, give him several treats (or kibble) in a row to encourage him to wait in his crate rather than dart out. If the dog is the type to dart out, shove the treat right into his face so that your hand and the treat act like a stop sign blocking his exit.



Fig.G, Incorrect: If the dog is coming out of the crate, either you aren't reaching in far enough or you're delivering the treat too slowly, which makes him think you want him to grab it.



Fig.H: When giving the treat, reach into the crate and put the treat all the way up to the dog's face, so that you don't accidentally make him come forward out of the crate to get it.



Fig.I: Start by giving treats in rapid succession, quickly enough to keep him inside. Then slow the rate of giving so that he learns to wait in the crate for 3-5 seconds between treats.



Fig.J: Between treats, your treat-holding hand must be far enough from the dog that you're not luring him out. Try tossing the treats or kibble in to him. If he reaches for the treat when you're holding them outside the crate, pull the treat away quickly so that it's clear to him that he doesn't get it.

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Fig.K

Fig.K: When the dog is waiting calmly in his crate, toss the treat inside or hand it to him. Repeat this process for 5-10 treats.



Fig.L

Fig.L: How do you know when he loves his crate? He will randomly go in it and lie down to rest on his own.



Fig.M

Fig.M, Tip: Hide tasty treats in the crate for him to find throughout the day. The goal is to have him learn to explore the crate for treats. Consider rigging a Kong toy with treats in it to remain in the crate. To do this, place a rope through the Kong and add a clasp so that you can clip it to the bars of the crate. Fill the Kong with part of his meal or treats, perhaps mixing in some canned food and freezing it to make it last longer.



Fig.N

Fig.N, Tip: Hide treats under bedding and in the back of the crate so that he has to go all the way inside.



Fig.O

Fig.O, Tip: Tether a filled Kong toy in the crate so the dog has to eat it there and can't drag it out.



Fig.P

Fig.P, Tip: The Kong toy makes the meal into a puzzle for the dog—like eating a bone. It allows for a longer period of practice with the door closed. The dog is learning that being in the crate is a pleasant experience.

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Part 2: Teaching dogs to stay in their crate for extended time periods.

Dogs should learn to rest quietly in their crates for extended periods of time; this will help them learn to remain calm when separated from their owners. Many puppies whine and bark when you leave them alone because they want to be where the action is. When this behavior is rewarded at an early age, it can progress to severe separation anxiety such that you can never keep the dog confined in the house or even in a room because he will bark persistently and destroy everything.

Proper crate training helps prevent the development of anxiety and barking when dogs are separated from their owners by a barrier or left alone in the house. For some dogs, the pleasant association already established with the crate is enough to teach them to remain quiet and calm when left in it. For others, as soon as they finish their meal or Kong toy, they start to whine or bark to be let out. These dogs must be specifically trained to be quiet in the closed crate. It's not enough to just have treats in the crate and hope their pleasant experience allows them to rest quietly in the closed crate at all times.



Fig.Q: Dogs who vocalize in the crate should be rewarded intermittently for being calm and quiet instead. Hang out near the crate and periodically toss treats inside (perhaps do this while you are watching television). Then systematically increase the interval between treats so that you can use fewer and fewer treats. Also, gradually increase your distance from the crate. The dog should eat the treats immediately; failure to do so indicates that the dog is anxious or not hungry and the food is no longer a reward.



Fig.R: Alternatively, use the MannersMinder remote-controlled, automated dog training system (formerly known as the Treat 'n Train). The food-dispensing portion of the machine can be set to release kibble or round treats at rates of every 3, 5, 7, 10, 15, 20, 25, 30, 45, 60, 120 and 300 seconds. Start with the treats dispensing frequently enough so that the dog does not become anxious and bark. Then systematically teach the dog to remain quiet for longer time periods by increasing the interval between treats. If he does bark, stop giving treats until he's quiet again so that he's not accidentally rewarded for barking. The dog should be let out before he becomes satiated. Eventually, the dog will no longer need treats to remain quiet. Either his meal or treats can be used for the training session.



Fig.S,T: To adapt the MannersMinder for dispensing into crates, remove the food bowl and fold two 3 x 5 index cards and attach them with tape to form a chute. Treats can be dispensed using a remote control or the MannersMinder can be switched to automatic so that it dispenses at a rate that you set.



Fig.U: To extend the meal when not using a MannersMinder, give the dog a bone or provide a filled Kong.

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Part 3: Teaching the cue word, “kennel” or “crate.”

If you want the dog to go into the crate upon hearing a verbal cue, follow the steps below.

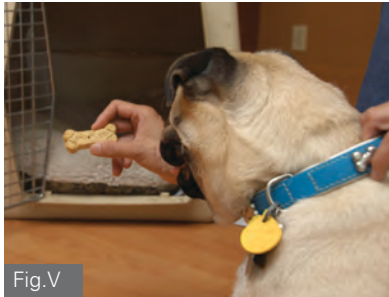


Fig.V: Once the dog anticipates crating by running in as soon as he sees you bring food, teach him the cue word “kennel” by keeping him outside the crate until you put his meal in it. Hold his collar so he can’t get into the kennel. Next, say “crate” or “kennel” right before you release your hold on his collar and let him run into the crate.



Fig.W: Practice training this cue word randomly throughout the day by walking with the dog toward his crate and saying “kennel” or “crate” right before tossing a treat inside. Say the cue word before you toss the treat so he learns that the word predicts his chance to earn a treat by running into the crate. Alternatively, you can hold his collar so he doesn’t have a chance to run into the crate until after you say the cue word, followed by releasing his collar.



Fig.X, Y: Once the dog goes inside, toss more treats to the back. You’re trying to teach him to stay in there and wait for you to toss more treats.



Fig.Z: Once he turns around to face the crate door, give him treats for sitting or lying patiently inside. Increase the interval between treats so he learns to wait longer to get his treat.

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Part 4: Switching from lure to reinforcement to train the dog to enter the crate on cue.



Fig.AA

Fig.AA: When you toss the treat into the crate and he runs in readily 5-10 times in a row in one session, try it without a food lure. To switch from lure to reinforcement, first hold the dog's collar while he's facing the crate. Because he's gotten lots of rewards when in the crate, he'll want to go in. Hide a treat behind your back or in your hand, or even have one already in his kennel (one that he didn't see you put in there). Say "kennel" and then release his collar.



Fig.BB

Fig.BB: Because he's reliably gone into the crate 5-10 times immediately prior to this, he should do so easily now.



Fig.CC

Fig.CC: After the dog is in, toss him the treat. Again, throw in additional treats to reward him for staying put.

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Part 5: Using other reinforcers.

If you think the dog will be difficult, add other reinforcers to speed the training. Use the things that most motivate the dog. If he loves to play fetch, then try a tennis ball. If he craves attention, maybe even whining and barking for it, then train him that the best way to get your attention is to go lie quietly in his crate.

Toys



Fig.DD

Fig.DD: Start by using the toy as a lure; show it to him.



Fig.EE

Fig.EE: Then toss the toy in while you hold the dog's collar.



Fig.FF

Fig.FF: Tell him "kennel" and immediately release his collar so he has the opportunity to run into the crate.



Fig.GG

Fig.GG: Once he's in, try playing with him while he remains in his crate. Have him give you the toy or trade the toy for treats. Then toss the toy back in again.



Fig.HH

Fig.HH: Once the dog can perform the above exercises with a toy 5-10 times in a row, start the next step where you switch to using the toy as a reinforcer rather than using it to lure him in. Begin by either showing him the ball or hiding it behind your back.

Fig.II: Say "kennel" but don't toss the toy in. Because he's performed the previous step so many times, he should automatically run in. If he doesn't, then continue to work on the previous step.



Fig.II

This page is excerpted from, *Low Stress Handling, Restraint and Behavior Modification of Dogs and Cats*, by Dr. Sophia Yin. (www.nerdbook.com)

For more information about animal behavior, go to www.AskDrYin.com, where you can view free and subscription-based videos that provide step-by-step behavior modification instructions.

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Fig.JJ

Fig.JJ: Once he's in, toss the toy before he runs out.



Fig.KK

Fig.KK: Repeat this until he consistently runs in right after you say "kennel" and stays there, expecting you to toss the ball in. Some dogs may prefer that you toss the ball away from the kennel so they can play fetch.

Petting and attention



Fig.LL

Fig.LL: Some dogs love petting and even demand it by whining or barking. For these dogs, crate training should focus on petting the dog when he goes into the crate. Once he's in, pet him in 5- to 10- second intervals. Stop for 5-10 seconds, then repeat the petting to reward for remaining quiet and in the crate.

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COMMON BEHAVIORAL PROBLEMS

Guarding food or toys

All puppies should be taught to sit and stay for treats and verbal praise. You can start this training at seven weeks. Once your pup understands sit, the pup should *always* be put into a sit while it is waiting to be fed. If the puppy growls or guards the bowl; please call us for advice, issues like resource

guarding need to be resolved before they escalate.

Jumping on people

Begin by teaching your puppy to sit when meeting people. Reward him for proper behavior and turn away if he jumps up. Realize that pushing him off of you with your hand will be seen as attention and it will encourage him to continue to jump. If the puppy tries to jump up to greet an approaching person, the person should turn around and ignore the puppy. This should be done over and over. Eventually the puppy will realize that if he jumps, the person will ignore him which is the opposite effect of what the puppy wants. The puppy learns that if he does not jump, the person will give him attention. Reward the puppy with treats when he does not jump, reinforcing the appropriate behavior.



Fearful or Aggressive towards people/other dogs

Puppies that are high risk for showing aggression may fall into one or more of the following categories:

- Shows signs of fear and anxiety by panting, yawning or hiding
- May be hyper excitable (i.e. barking or biting)
- May not get walked or played with often causing lack of mental and physical stimulation
- Lack training or may have been subject to harsh training

Fearful or Aggressive towards people/other dogs (cont.)...

High risk puppies or those that show early signs of fear or aggression should be diagnosed and treated by a veterinarian or veterinary behaviorist as early as possible. Please call if your puppy is showing any of these signs.

DAYCARE

Consider daycare if you have an active and social dog that will be home alone for most of the day. Leaving a dog alone for more than eight hours can be very stressful for them. Play groups let dogs romp and play together and leave you with a happy, well-adjusted pet. Alternatively, there are dog walking services that come to your home and walk your dog. Every dog should have at least two 30 minute exercise periods every day.

Go To The Park

To apply for the city of Chicago dog friendly area license/tag your pet must be current on the following vaccines: DHPP, Rabies, Lepto, Bordetella and a negative fecal result within one year of applying. All dogs four months and older must be registered with the city of Chicago. For more information and registration online:

http://www.chicityclerk.com/licenses/online_dog_emblem.html

www.chicagoparkdistrict.com

Again, congratulations on your new puppy! We wish you years of happiness and good health!

-The Staff of Animal Medical Center of Chicago