



HAPPY DOG INSTITUTE'S ONLINE PUPPY CLASS: KITCHEN CHALLENGE

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SETTING THE SCENE: KITCHEN & DINING ROOM

- Teach puppy early what happens during mealtime.
- Practice reinforcing when they are working on their own meal in their bed or in their crate while you're eating dinner.
- This is a good time to reinforce your dog for going to their mat and practicing a lot – both in the kitchen and at the dinner table.
- Work on this as much as you can during meal prep and mealtime
- Teaching your puppy where TO go is a great alternative to “leave it”





TEACHING PUPPY TO GO TO MAT...

Step One: Say It

With a treat in your hand, tell your puppy “Go To Mat” in a cheerful tone of voice.

Step Two: Show It

Pause a second or two (one-one thousand, two-one thousand), then “lure” your puppy onto his mat by putting the treat up to his nose and slowly moving it over the mat. If you move your hand too quickly or too far away from his mouth he may give up and lose interest.

Step Three: Pay It

As soon as your puppy has four feet on the mat, treat.



AND SETTLE THERE.

Step Four: Say It

With a treat in your hand, quickly, before your puppy can move off her mat, tell your puppy “Down” in a cheerful tone of voice.

Step Five: Show It

Pause a second or two (one-one thousand, two-one thousand), then “lure” your puppy into a down by putting the treat up to their snout and slowly moving it down to the ground.

Step Six: Pay It

As soon as your puppy’s knees and elbows hit the ground praise and treat. Continue to treat as long as the puppy remains in the down. If she starts to get up, tell her “Ah-ah!” and then praise her if she stays in her down. If she gets up, lure her back into position. When you’re finished, release your puppy with an “Okay” so she knows she can get up.

Remember to work at your puppy’s level—don’t ask her to stay in the down so long that she’ll make a mistake and start to get up.



VIDEO: GO TO MAT





VIDEO: SETTLING ON MAT





VIDEO: GO TO MAT & SETTLE





TEACHING PUPPY TO SHARE: FOOD BOWL BONUSES

Step One: Ask your puppy to sit. (If you haven't learned sit yet, just wait for her to be calm and polite.) Once your puppy sits (or is being calm), place the empty food bowl on the floor and walk a couple steps away.

Step Two: As your puppy eats, walk up and toss a treat into her bowl. Walk a couple steps away, pause for a few seconds, and repeat until the puppy is finished.

Step Three: When the bowl is empty, ask your puppy to sit. Pick up the empty bowl and give her a treat (higher-value than what she's eating!).

Refer to "Food Bowl Bonus" homework sheet for details, as well as video in homework portal.



VIDEO: FOOD BOWL BONUSES





RECALL: STARTING EARLY

Start teaching your puppy to come when called EARLY! Don't take for granted that they follow you around as little puppies, soon they'll be teenagers and we won't be so cool anymore.

Start by practicing simple recalls around the house. When your puppy is not highly engaged in anything, get some good treats in your hand and call him cheerfully once: "Fido, Come!"

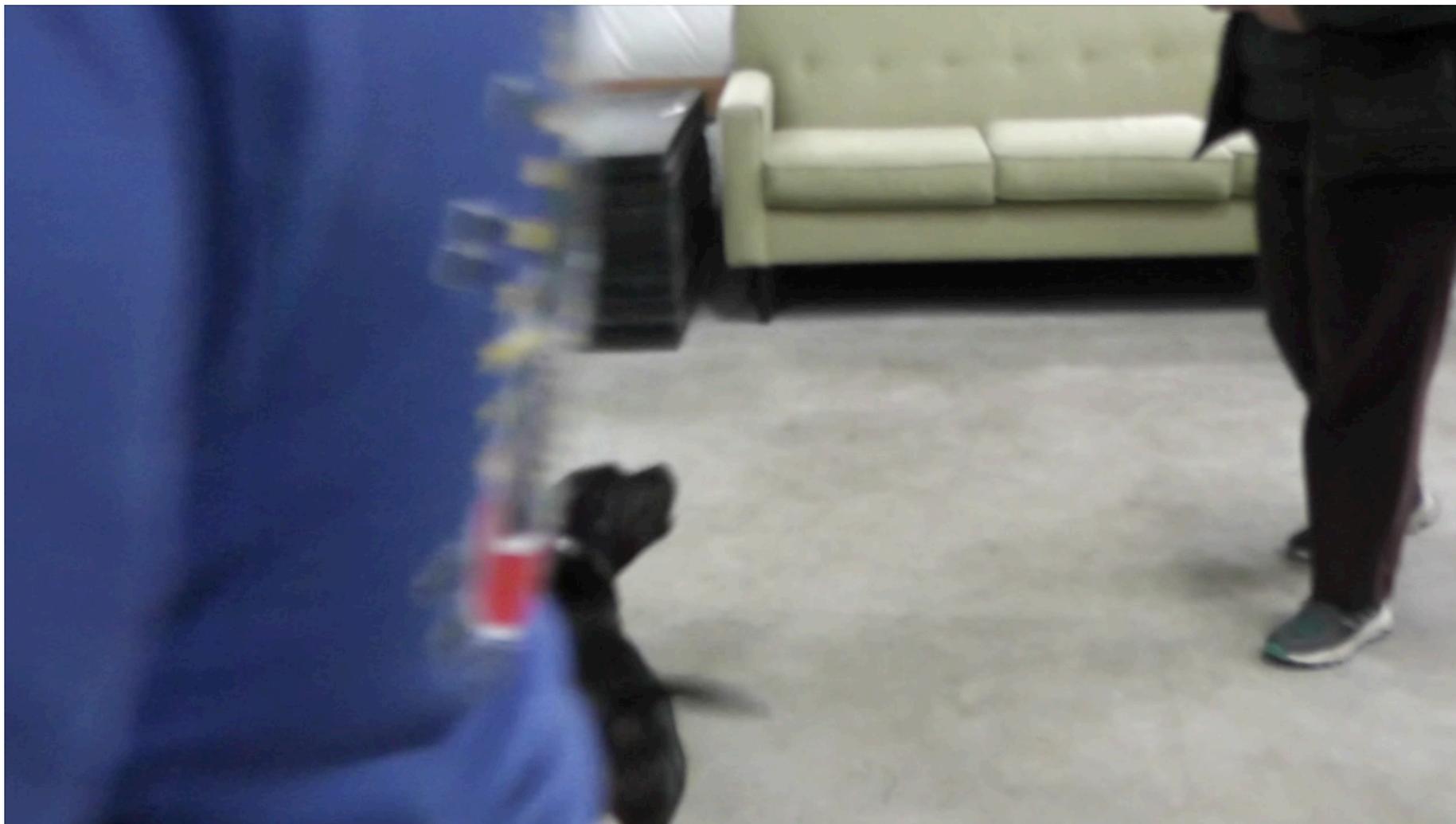
Make yourself interesting using a high voice, clapping, etc.

When he gets to you, grab his collar (if you've been working on sits you can ask for a sit, too) then spill the treats all over the floor. Praise him profusely.

Read more about the Five Rules of Recall in your homework materials.



VIDEO: EARLY RECALL



VIDEO: RECALL





WEEKLY CHALLENGE: KITCHEN/WHILE COOKING

When you have a puppy, preparing for mealtime and handling some of the normal day-to-day happenings in the kitchen can be challenging. But you can turn these challenges into opportunities to improve your puppy's manners.

- Before you prepare your next meal, take some time to plan. Take into consideration whether you have the time and energy to multi-task-- preparing your meal while managing and training your puppy.
- If you're in a rush or preparing a complicated meal you might to give your puppy a chew or Kong and put her in her crate or long term confinement area.
- If you're ready to work on your puppy becoming a well mannered dog around the kitchen, get some treats ready and on hand and place your puppy's mat at a distance from you which will allow her to be successful.
- Lure your puppy onto her mat and then reinforce her often enough to keep her there. You can give her a chew or stuffed Kong to help, using the treats as extra reinforcement.
- If you've been in class long enough to learn sits or downs you can work on those on her mat, too.



WEEKLY CHALLENGE: DINING ROOM/DURING DINNER

If you want a dog who rests politely on his bed while you eat dinner, start training for that now. Look at each mealtime as an opportunity to train toward a calm, well mannered companion.

Before you sit down to each meal, decide whether or not it will be a training opportunity. Do you have the energy to focus on your puppy, is the atmosphere calm enough to multi task?

If you're having a dinner party or it's time to talk report cards with the kids it might be best to have your pup rest in her crate or confinement area with a chew, particularly if your pup hasn't yet had a lot of practice.

If it's a good meal for practicing, place your puppy's bed at a distance from the table that will help her to be successful.

You can start with the dog bed right next to your chair and slowly, as your pup is ready, move it farther from the table as the days progress until it's where you'd like it to reside permanently. (Don't do this too fast or you'll have a dog constantly jumping up from her mat to sneak back to the table.)

Have treats on hand at the table then lure your puppy onto her mat and reinforce her with treats as often as is needed to keep her there. If you've been in class long enough you can incorporate a down or a sit as well.

Practice at as many meals as you can. Consistent repetition will build good manners and make meals more enjoyable for everyone.



WEEKLY CHALLENGE: AFTERWARDS

After each meal prep and dinner time, assess how your puppy did and decide what adjustments you will make next time to work at her level.

Do things need to be easier?

How will you make them so?

Is your puppy ready to take it to a new level?

What will you do to increase the difficulty just a bit, to help keep her successful?