## **Learning Theory**

Any behavior that results in the desired outcome gets repeated. Any behavior resulting in an undesired outcome gets diminished.

## **What You Pet is What You Get**

The first step to a well-behaved dog is providing and commanding calm energy in your home. Please do this by not letting your dog bust through doors or out of their crate, not allowing your dog to steal food from you or guests, not allowing the dog to be pushy or rude to guests by jumping or shoving their nose into someone. Always hold them accountable for calm, thoughtful behavior inside the house.

You must always enforce this calm energy for the dog.

Every time you pet your dog, you reinforce their behavior. Each time you try to soothe your dog out of this reactive state, you enforce it. "What you pet is what you get" This applies to any state of mind your dog should not be in, i.e., Aggressive, Fearful, Disobedient, or reactive.

A dog does not understand, "It's going to be okay," when you pet a scared dog, you are communicating to them that you want and expect that scared behavior. The best way to support your dog and build trust is by being an advocate for your dog. Instead of petting a fearful dog, figure out what is scaring it and try to change the situation.

If you cannot change the situation, then change your dog's frame of mind by commanding a double down or keeping his eyes off the stressor. Your dog trusts you to keep them safe; If you let other dogs or people push your dog around, it will lose its trust in you and revert to handling the situation themselves, which leads to aggression and reactivity.

Top 7 Most Used Body Language Signals

Lip Lick, Yawn, Neck Scratch, Shake Off, Look Away, Blinking, Play Bow/I Love You Stretch

## 

## **Always Have the E-collar on You – Especially When Leaving the House**

You need to catch and shape behaviors as they happen to manage obedience and maintain structure for your dog. Having your E-collar when outside of the house will allow you to ensure that your dog is calm, thoughtful, and is receptive to your communication. Focus is crucial for off-leash recalls.

You must use a balance of both mercy and severity to train your dog. Most owners only say "NO," some say "NO" and tap the dog's nose; these strategies are ineffective. Most behaviors will **not** go away without a consequence. If you told a human not to do something but never provided a result, they would have no incentive to listen to you. Always start with positive reinforcement (food, toys, praise, and treats) if their food/prey drive is high enough to get results. Use Negative reinforcement when positive is not working. Add as little pressure as necessary to get your dog to comply with what you want. As soon as you get the desired result, revert immediately back to positive.

**Refer to the E-collar Training Videos if you need assistance with your E-collar at -** [**http://bit.ly/APPE-collarTraining**](http://bit.ly/APPECollarTraining)

**Scan our QR codes get help from our website**

1. Open the camera app
2. Focus the camera on the QR code in the center of your screen.
3. Tap the pop up notification and follow the instructions on the screen.

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**Board and Training Follow Up**

**Commands to use regularly:**

**Down** - For anxiety and maintaining calm energy. Do this before taking your dog outside. Great for a long duration of time.

**Double Down** - For car rides or high-stress environments, head and belly on the floor.

**Out** – For when he is in your space or someplace, he should not be, and you want him moved. Also, to be used for resource guarding.

**Place** - Best for duration stays, high traffic in your home, if he has anxiety, needs to settle. It is a simple task to do yet builds much confidence.

**Heel**- Use when he is heading towards you to sync to your left or right hip pocket and used during walks to remind him to stay close and focused on you.

**Come** - Use inside and outside and always reward when he gets to you. Useful for taking his mind off something and checking in when in large open areas.

**Break** - Give this command with your arms crossed and then uncrossed- breaking off place, down, stay, any command.

**Inside** - Verbally say command while using your hand as his guide to welcome into the house.

**Outside** - The same thing as the inside command.

**No** – To stop what they are doing and do the opposite. Used for any and all unwanted behaviors. If the dog is chewing or sniffing where they shouldn’t, use No followed by a mid/high level stim.

**Yes** - continue what you are doing, encouraging command when heeling, staying, etc.

*Use the e-collar paired with your commands for the best results.*

***Ah-Ah-*** *Try again. If using Ah-Ah with a command, pair with low level stim. (Think about that thought, use Ah-Ah as guidance to help them complete a command. If there is no command, Ah-Ah can be used as a verbal correction. For example if the dog is wandering or thinking of approaching a stranger when on a walk, use Ah-Ah to stop that thought.)*

***Good-*** *Use good as guidance. Yes is followed by a reward (petting, food, praise) while good is used to tell them they are doing exactly what you want and to continue doing that. Good does not have to be followed by a reward. When you tell your dog Place- use Ah-Ah if they have the thought of walking the opposite direction, use Good when they are getting closer to where they are supposed to be. Good and Yes can be used together to help guide your dog if you are assisting them in navigating to the target using only verbal communication.*

**Tips for Managing behaviors**

**Calm Energy = Freedom**

*Chewing on objects* - He is likely to do this when bored and/or left unsupervised. When you see him chewing, don't say anything; just hold the scroll up on the e-collar to a higher level and press & hold it for 3 seconds.

*Play Biting* - During high levels of excitement and play, your dog is more prone to put his mouth on your hands or arm. We taught it is off-limits for his teeth to touch the skin. Period. If it happens, activate the e-collar on a level (20-30) to communicate that biting is not allowed. It is essential to positively reward him with a treat and a verbal "Yes" when he licks you.

*Place command/ Dog Cot*- Your dog is likely to get off of the place for loud noises, high energy, or if a guest walks into the house. If he gets off place, activate the e-collar when you see he intends to get off. Your dog understands to return to place when the e-collar is activated. If he doesn't go back to place, simply guide him to place by grabbing his collar or leash and make sure he doesn't get off again or simply put him in a kennel, so you don't have to worry about any more broken commands.

*Jumping up on guests* - Activate e-collar and do not pet or push him off wait until he gets off by himself, and then once all four paws are on the floor, reward by petting him or giving him a treat and a verbal "Yes." If he is sprinting towards your guests, he is likely to be in a reactive state of mind, which means he will not think about the rules, so tap the e-collar to help him remember the training he has had.

*Whining in the kennel*- Your dog may whine inside of his kennel occasionally, especially when he hears play or guests walk in the house. If this happens, simply activate the e-collar on a lower setting until he stops, or go and smack the kennel with your hand or an object and say a verbal "No."

*Getting out of the Crate* – Your dog is not allowed outside of the crate until given the "break" command. Do not give the command until he stops wiggling and shows calm energy.

* When he leaves the crate, if his energy is high, give him a firm kick or nudge with your foot until his energy is calm.

*Chewing/ Eating objects*- Any time you see your dog look at those household or everyday objects(socks, legos, shoes, remotes) or stick his nose towards them, simply activate the e-collar. If you see him ignore or avoid those objects, then reward him with a treat or verbal "Yes."

*Tips for Walking-* On walks, when you see him look at any object for longer than 2 seconds, especially if you see him wandering away from your hip pocket. Correct verbally with "NO, Name" and simultaneously tap the e-collar.

# **A Peaceful Pack House Rules**

* **1.** It’s best to keep your dog's energy low when you get home. Especially if you want them trained to greet people with calm cool obedient behavior. Another way to train calm energy is to ignore your dog for the 1st two minutes of entering your home. As you enter, if the dog is excited, tell your dog "No." Correct him for his high energy using an e-collar stim, leash tug, or a firm chest touch. Then ignore your dog for a couple of moments. Make it a goal to keep your dog's energy calm, their breathing slow and steady, before giving affection. Use the same technique when you get them out of the kennel or take them through a threshold.
  + If you want to love on your dog right as you walk in the house, calm the dog by a leash/collar tug, chest touch, or e-collar click hold and scroll. When the dog is calm, then begin to pet and love on them. Once you finish loving your dog, bring them back into a calm state of mind.
* **2.** If you want your dog to be less reactive inside the house and on walks. You also do not have your dog as a guard dog, but as a companion or pet. Then shut down all barking and reactive thoughtless behavior that your dogs acts out towards any trigger. Common triggers are; people passing by your house, squirrels in the backyard, or seeing dogs while riding in the car. Instead, give them a job to do or leave the area.
  + Command a "down-stay" for vehicles or "out" for the home or backyard to get your dog away from the stressor and to pull your dog back into a thoughtful state. If the e-collar and commands are not working, find an object to throw or bonk your dogs' head/body to pull them out of their state.
* **3.** Remember not to pet, feed, or reward your dog in any way when they are barking whining, and you do not always desire that behavior. Instead, wait until your dog stops asking in the manner you dislike, then allow your dog to access the resource whenever they choose a new form of communication other than barking or whining. It will often be a body language cue in your line of sight. Mostly, they use scratching their neck or licking their stomach to communicate they want something. Prolonged eye contact, look away(s), yawns, and lip licking can also be ways your dog communicates with you.

**4.** When you force your dog to do something, it may hurt the bond you have with them. If you want to develop a stronger bond with them, help them succeed rather than punish their failures.

If you say "place" and activate the E-collar and your dog lays down instead of going to place, do not scroll higher on the E-collar to punish your dog. Instead, lure, pull the leash, or pull the dog's collar, guiding them to the desired place. Be careful not to lean over your dog while giving instructions. Repeat this same protocol for sit, down, out, heel, or any other issue you may be having.

**5.** When you let your dog sprint through doors, you are giving them unearned freedom. If you want them to earn their freedom, maintain eye contact and calm energy before going outside. Leadership and structure improve your dog's impulse control instead of rewarding reactivity. This concept is directly related to walking.

**6.** When on a walk, if you allow your dog to target anyone or anything, they will become reactive. To manage reactivity, you must correct your dog with the E-collar whenever they first become alert. Then, after you get your dog's focus off the target, keep walking past what your dog targeted or turn around and go the other way. If your dog is becoming agitated by the e-collar stimulation, smack the dog's head w/ the end of the leash to break his focus, then retry with the e-collar.

**7.** If you allow your dog to be with you all day, every day, separation anxiety may develop. Instead, put your dog in place, in a kennel, or some safe place while you are in another room. You teach your dog to be independent, which is crucial because they can not always be by your side, whether staying the night at a boarding facility or spending the day at a groomer. When your dog is used to you not always being around, he will be calm and relaxed while he is away from you.

**8.** Use YES and NO to effectively communicate your wants and dislikes to your dog.

**9.** When you are too lenient with your dog, there will be more broken commands. If you say "Place," that means to stay on place indefinitely until you allow them to get off. If your dog gets off place, you must immediately put them back on. Either grab your dog's collar and walk them back on "place" or use the E-collar. Do not repeat the command; simply correct for getting off and breaking your command. Same for if you say "sit" and your dog lays down, or if you say "down" and your dog "sits," simply lure or pull your dog's collar to get them into the correct position.

**10.** Use food, toys, play, and space as a resource, and give your dog commands and guidelines to earn those resources. Providing your dog with valuable resources to work for helps satisfy their daily mental cravings for stimulation. You will regularly find your dog more responsive to all your commands and have a more relaxed, calm, and satisfied demeanor.

**11.** When you are throwing a ball or playing tug of war, unchecked energy can lead to reactivity. Prevent a frantic and reactive mindset by asking for commands and eye contact to pull the dog out of their reactive mind and into their thoughtful, calm state. Controlling their energy in this way will directly help you redirect their focus off of targets they are alerted to during walks and is especially helpful for you when you want to get their attention when they become alerted inside your home.

**12.** Unearned freedom typically results in undesired behaviors. If your dog digs, do not leave them alone outside. First, correct your dog with the e-collar, shutting down the undesired behavior permanently. You can then begin to allow them the freedom they have now earned. If your dog chews something they shouldn't, do not let them out of your sight. If you can't be with your dog, put them in a kennel or tie them down in a safe place.

**13.** When your dog receives commands from someone new, make sure there is a level of trust and respect between the dog and the human. First, teach them how to communicate effectively together, then they can have the responsibility to give commands. Otherwise, the dog will learn the commands are irrelevant.

**14.** Daily meet your dog's physical and mental needs. Practice calling for sits, downs, and eye contact during fetch. Have the dog in a place for 1-2 hours before dinner. Practice sit, down, and stay during walks; all of this will ensure both physical and mental stimulation are met for your dog.

## **Understanding Dog Body Language**

When I'm looking at a dog, I observe these specific body parts in this particular order; eyes, nose, mouth, ears, head, legs, back, tail.

Then I ask myself these questions;

**Eyes** - What are the eyes looking at? Are the pupils dilated?

**Nose**- What direction is the nose pointing to? Is the mouth opened or closed? Is there tension in the lips? Is the tongue hanging out of the mouth? If it's hanging out, is it relaxed or tense?

**Ears:** Are the ears tense or relaxed? Are the ears pulled up, back, or pushed forward?

**Head:** Is the head higher than the spine, level with the spine, or lower than the spine?

**Legs:** Are the leg muscles flexed and tight or relaxed? Are the legs unevenly distributing the weight? If so, is there more weight being placed on the front of the legs or the back of the legs?

**Spine:** Is the spine tight or relaxed? Is the spine arched upwards or pushed downwards? Is the hair raised on the spine?

**Tail:** Is the tail tense or relaxed? Is the tail arched over the spine, level with the spine, or pressed downwards below the spine?

**Eyes**  When observing a dog's eyes, pay attention to the white part of the eye (the sclera) and observe the dog gaze's focus and intensity. When a dog feels stressed, his eyes might look rounder than usual or have white around the outside.

Dilated pupils are a sign of fear or arousal—it causes the eyes to appear "glassy," which indicates that the dog is feeling threatened, stressed, or frightened. A relaxed dog will usually squint, so the eyes become almond-shaped, showing no white at all.

**Ears** Dogs have a large variety of ear types. Even though it is easier to see ear position in dogs with erect ears, even floppy-eared dogs can move the base of their ears forward or back to express different emotions. The direction at the base of the ear is a simple indicator. A relaxed dog's ears may be pointing out to the sides or slightly back. When the ears are half or full-mast, move forward, and point towards an object of interest, the dog is more aroused. Wrinkles on their foreheads also appear when the ears are most forward.

**Tail** When you observe a dog's tail, its movement and its position at the base will reveal a lot about the dog's internal state. At times of ease and relaxation, dogs carry their tails in a neutral position, extending out from their spine or, perhaps, extending just below the spine level. When the dog becomes more energized, the tail normally extends above the spine level. The tail should flow smoothly from side to side or in a sweeping circular motion. High energy and reactivity result in the tail rising above the spine level and increased rapid side to side movements. Fearful dogs will tuck their tail between their rear legs, holding the tail rigidly against their belly or wagging stiffly.

**Hair-** Raised hair along the dog's back, near the shoulders, or above the tail is known as piloerection or "raised hackles" and is a strong indicator that a dog is aroused or upset. Hackles aren't always an indication of imminent aggression, but they are an indication that the dog is excited or upset about something. *Frightened or stressed dogs may also shed more than usual.*

**Mouth-** Panting is how dogs cool themselves and can be a sign of stress. Rapid panting accompanied by tight ridges and wrinkles around the lips indicates stress.

A spatulate tongue is a tensely curled tongue with an extensive, flat bottom. It is also an example of your dog exhibiting stress.

Hypersalivation is sudden and can be excessive during stressful situations for a dog.

**Aggressive, Playful & Fearful Body Language Signs**

**Fearful**- Distance, trembling, lowered head, a tucked tail, leaning away or back, lowered head and/or body, and rolling onto the side or back are signs of a fearful dog. Paying attention to "whale eyes" wrinkled forward, mouth, ears, and tail will help you identify the state of your dog. Extremely fearful dogs may urinate or defecate when approached and completely freeze or desperately try to escape.

**Aggression:** A dog displaying aggressive body language will look large, standing with his head raised above his shoulders. Weight will be centered over all four legs or leaning forward slightly onto the front legs, and he will have a tense body. Aggressive behavior is often accompanied by a wrinkled muzzle, a short lip, and a heavy gaze or glare.

**Playful**- A playful dog's body movement will be loose with lots of movement, and dogs will have excellent social skills and have brief pauses during play. It's important to know that play is reciprocal, and dogs will mirror each other's body language while playing; you should break up any non-reciprocal play before a fight ensues. A dog that seems stiff moves slowly or keeps moving away from another dog might not be interested in interacting with other playful dogs. Shaking off, scratching, sniffing, look away, lying down, or other avoidant behaviors are how dogs communicate to each other that the play session is over.

**Calming Signals**

**Lip Lick** -A lip lick is used as communication in many different contexts. In general, it is expressing that the dog is uncomfortable, stressed, or anxious.

When a lip lick occurs, the dog communicates that they are not a threat, and it is an attempt to appease or soothe a person or another dog.

If you enter your dog's space and they do not want to be touched, pet, or left alone, a lip lick is one of the most common signals to be aware of.

**Yawn**- When you see your dog yawning, chances are they are attempting to communicate to you or another dog. Yawning is an appeasement gesture, which is also known as a calming signal.

The dogs may use a yawn to deflect a threat. Pay attention if your dog is yawning as another dog approaches; they are communicating, and the goal is to avoid conflict. This is the dog's way of expressing that he feels threatened or anxious, but he does not want to attack. A yawn may signal that the human or dog has too much energy and needs to calm down. Do your best to advocate for your dog and avoid letting a dog interact if the situation deems it necessary.

**Neck Scratch**- These signals are elementary to spot and always packed full of meaning. Dogs typically scratch their necks whenever they are stressed and upset at something. This is how the dogs dissipate stress, similar to how we humans scratch or grab the back of our necks when stressed. It can also be a way to signal to other dogs and other animals that they need to calm down. I typically see this when the dog wants something he can't have, is trying to communicate something is not understood, or is asked to do a task or activity that the dog doesn't want to do.

**Shake Off**- Similar to the phrase "shake it off," which is often used after a stressful encounter. Typically meaning stop thinking and feeling the stress and try again or, more simply put, shake the stress off. Dogs use it the same way. When a dog is leaving a tense situation, that's caused him to turn reactive. We find the dogs will often shake off after the tense situation has passed. The dogs shake off right before they are about to relax, right after their coats have been wet, or as soon as they wake up and are about to play. A shake off is a clear sign of an energy shift, either starting to have more energy or dissipating the energy to relax.

**Look Away**- It's common for humans to look in each other's eyes when talking, and considered rude if eye contact is avoided. This is the opposite in the canine species. Dogs will avoid looking into another dog's eyes as a sign of peaceful intent and respect towards the other dog. When two dogs lock their gazes on each other's eyes, they will either start playing, or it's a challenge for a resource, and there is likely going to be a fight. It's common to see dogs walk near each other and "look away" from one another. We also see this when a hyper dog tries to play with an uninterested dog, and the uninterested dog will look away from the hyper dog, asking to play as a signal for I don't want to play.

**Play Bow/I Love You Stretch**- To initiate play, dogs often start with a play bow and generally follow up with exaggerated facial and body movements. A bow from your dog is also an invitation to enter their space. This is a respectful gesture of affection, and these are the best opportunities to love your dog fully. We typically see this 1st thing in the morning whenever the dogs first see their friends or family.

*Extra Tips*

### **Eye Contact & Engagement**

Always work on this, call his name and tap the e-collar on a low setting until he looks you in the eye, then stop the e-collar taps and reward him with a treat or a verbal "Yes" when you have his eye contact. New family, friends, and handlers should practice the "his nose, your nose + his name" drill.

The goal is to keep your dog involved with you and ignore all other distractions. This teaches your dog that you're the most important thing in the environment and that they have a task to complete. Even when there are many more interesting distractions in the environment, you are taking your dog to resist paying attention to them and focus only on you.

### **Name Recognition**

Reward your dog as much as possible when you say their name, and they bring their focus and attention to you. This will increase the likelihood of your dog looking at you under any circumstance and obeying your cues.