

# FREE DOG TRAINING GUIDE

5 Steps To A Well Behaved Dog



BY JOHN PARKER

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## **Introduction**

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*Hi, I'm John Parker, thank you for downloading my training guide, 5 Steps to a Well Behaved Dog. Over the last 20 years I have trained my own dogs and helped family and friends train their dogs. In the pages ahead you will find 5 simple, but powerful, techniques to train your dog to be a better behaved member of the family. These techniques have worked well for me over the years and I hope they work for you too. It is important to give your dog the attention it needs to behave in the manner that you want it to. Owning and training a dog is more than just a process. It is a journey of knowing each other and building a lifelong relationship. Good luck on this life-changing journey!*

## **Housebreaking (Toilet-training)**

Housebreaking problem is one of the top reasons why dog owners give up their dogs. It is important to understand that success in housebreaking lies on a lot of factors. It can be time-consuming, yes, but it does not need to be daunting. The steps presented here can be used for both puppies and adult dogs.



Before anything else:

1. *Determine if the dog has any medical problems.* Several medical problems such as kidney disease, diabetes, and bladder infections can cause your dog to have poorer control and thus can result in them eliminating inside the house even if they don't want to. Talk to your veterinarian about this.
2. *Determine if the dog has any behavioral problems.* Behavioral problems also lead to housebreaking problems. For example, increasingly anxious dogs begin to eliminate inside, even if they have been housetrained

before. Another example is marking. If you notice your dog to be urinating on upright objects, it is an indication of marking. This usually happens if you have another dog in the house. The dog will urinate near the spot where another dog has urinated. The volume of the urine in this case is just very small. (Refer to the last chapter of this book, *Other Common Behavior Problems and How to address them.*)

Once you determine that your dog does not have any medical conditions or behavioral problems that significantly affect the housebreaking training, you can now start with these steps:

1. *Decide where you want your dog to eliminate.* We need one constant spot to direct our dog to during the housebreaking training. Dogs usually eliminate on places they have eliminated on in the past. Their sense of smell can help them determine these spots. Even if you want them to eliminate “outside”, picking one specific spot outside can significantly help with the process. For dog owners who live in the cities and maybe don’t have a yard, use potty pads or paper in your selected area.
  
2. *Stay alert in these times when your dog needs to eliminate:*
  - shortly after waking up (right after waking up for puppies)
  - right after meals, within 30 minutes (usually within one to five minutes for puppies)
  - after an activity, like training sessions or walking
  - when your dog is overly anxious or excited
  
3. *Have a consistent feeding time and potty break.* Having a schedule is the most crucial step to housebreaking your dog. Consistent feeding time makes your dog’s toilet break predictable. Faithfully stay as close to these schedules so it will be easier for your dog to understand the

concept that you are trying to teach him. Dogs have very good biological clocks, so the tighter you stick to the schedule, the easier it is for your dog to catch up. Put away the food after the feeding time to prevent the dog from eating outside the schedule. For young dogs, they need more potty breaks. Look for signs that they need to eliminate, and gradually decrease the potty breaks as your dog starts to have more control. (Note: Puppies have very little control over their bodily functions, so they might not be able to “hold” until they get to the place they’re supposed to eliminate. The first three months might be challenging because you need to give your puppy frequent potty breaks. However, on the fourth and fifth months, your puppy’s body will slowly adapt to the development so he will be able to hold longer.)

4. *Look for the signs.* Here are the signs that your dog needs a potty break:
- Sniffing on the ground longer than usual. Dogs sniff around before eliminating, whether they are inside or outside. They usually linger on an area and then move on to the next to find that perfect spot.
  - Sniffing while circling. After your dog finds that perfect spot, he will circle around to find that perfect position to eliminate. When he does this, the dog’s almost ready to let it out.
  - Restlessness. This usually includes barking or staring at the door. He may also paw at you or at the door. Some dogs show very clear signals, such as looking or barking at the door, then at you, and then back at the door.
  - Trotting to another place or room for no reason. Once houstraining started, some dogs easily get the idea that they are not allowed to eliminate inside the house. However, there are times they really can’t

control it and have to go, so what they do is they trot to another room or find some hiding places (somewhere they think you can't see).

- Whimpering/whining/crying/gazing at you and whining at the same time. When the dog does this, they are expressing discomfort. Just like in the previous bullet point, these dogs might already know that eliminating inside the house is a big no-no, so they try to hold it in and make these noises to let you know that they badly need a potty break.
- Camping near the door. Some dogs are more subtle. They just quietly face the door, either standing up or lying down. If by the door is not your dog's usual hangout spot, then he definitely needs to go out to answer the call of nature.

5. *Reward.* When your dog successfully eliminates in the designated place, reward him with a quick praise (but don't sound too excited), a treat, or a short walk.

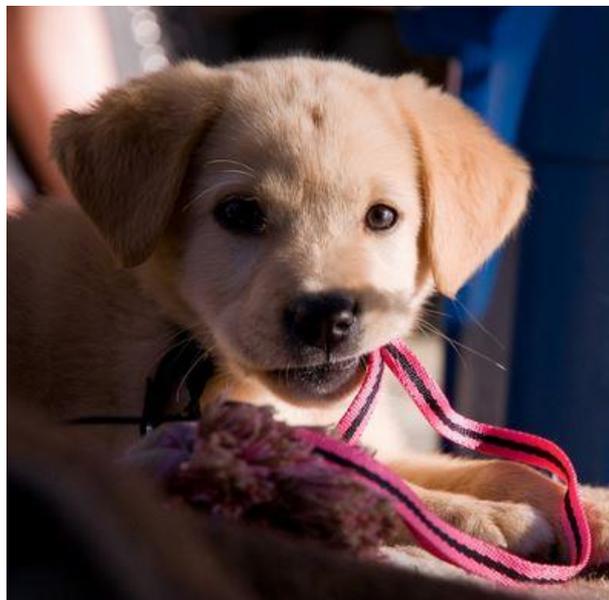
6. *Don't scare the dog.* If you catch the dog in the process of eliminating, don't yell at the dog. Instead, say "uh uh" in a firm voice or clap your hand, just enough to startle them. Take them to the designated area right away to finish. Punishing or yelling at the dog scares the dog, so the next time he needs to eliminate he will hide from you or make sure that you're not around.

7. *Ignore the accidents.* If accidents happen, clean it up and move on. There's nothing you can do about it. When correcting a dog, timing is everything. Correct the dog while they're doing the action, not after it, even if it's only a minute or two later.

8. *Clean the area thoroughly.* No matter how careful and vigilant we are in housetraining our dogs, there will always be accidents. And unfortunately, dogs like to eliminate on areas they've eliminated on before. So you have to thoroughly clean the soiled area to remove the smell completely.

## **Chewing**

Chewing problems among dogs can be really frustrating. Even the most patient dog owners find it hard to keep calm and collected when they discover that their favorite shoes or the children's toy has been chewed. This behavior really has the potential to break the owner-dog bond—not to mention, it can be expensive too. If not redirected, he can also chew furniture, pillows and blankets, the feet of your tables and chairs, gadgets, and anything he can lay his mouth on. Here are the possible causes why a dog develops chewing problems and how to prevent or control it.



- *Teething.* Just like in babies, when the dog's teeth start to come out, their gums become irritated and cause a lot of discomfort. Chewing on something helps relieve this pain. Teething happens between the age of three and eight weeks. Normally, the puppies outgrow this behavior. However, unfortunately, some dogs find so much pleasure and comfort when doing it and the absence or redirection of their action makes it a habit. This habit might continue even after the teething ends and soon becomes a chewing problem.

1. Puppy-proof the area. Make sure that chemicals, cleaners, and plants that may be toxic are out of puppy's reach.
  2. Remove any electric cord to prevent it from being chewed and possible electrocution.
  3. Remove objects that might stir the puppy's curiosity, such as socks, shoelaces, shoes, children's toys, books, etc.
  4. Block access to other rooms using baby gates or closing the door.
  5. Don't forget to help your puppy with his teething problem. Give him an appropriate chewing toy.
- *Separation anxiety.* Does your dog only chew things if left alone in the house? This might be a sign of separation anxiety. (Refer to *Crying/Howling When Left Alone in the House* section for the instructions on how to help your dog overcome separation anxiety.)
  - *Boredom.* Aside from separation anxiety, another reason for dogs to chew on things when left alone is boredom. Chewing is one way of keeping themselves busy.
    1. Give your dog plenty of exercise. Engage your dog in different physical and mental activities. Also give him enough playtime with you.
    2. Give your dog an appropriate chewing material to encourage correct chewing. Dental chewsticks, balls, indestructible stuffed animals, and Kongs are some of the most common options. Remember that each dog has different chewing preferences, so you might need to experiment on what keeps your dog's attention best.

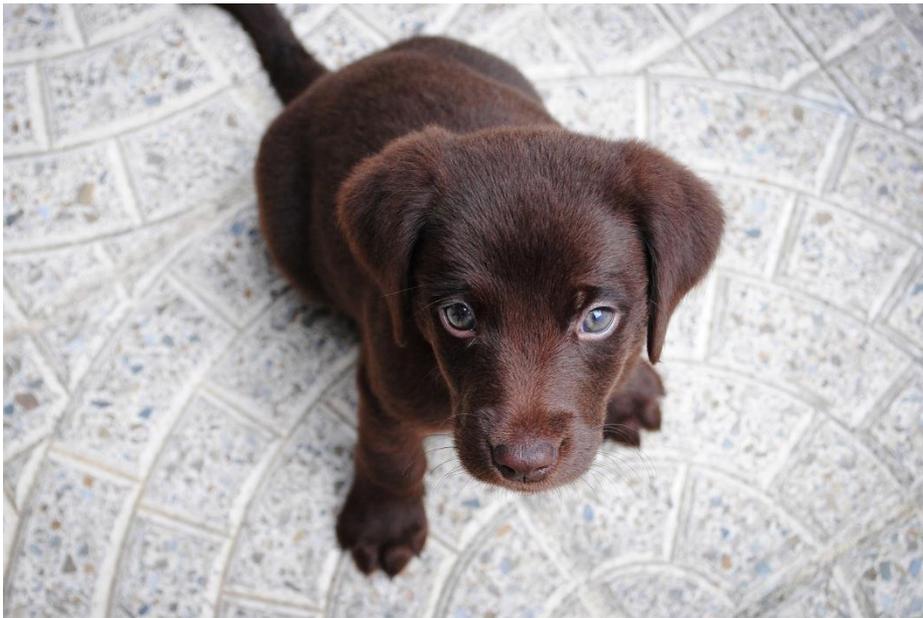
3. Avoid handing toys to the dog that look like real objects in the house. For example, do not give the dog old stuffed toys or socks to chew. The dog will not know the difference between the old and the new ones.
- *Natural instincts.* Chewing is as natural as barking for dogs. It keeps their teeth clean and jaws strong. They also chew for stimulation and fun. However, just like barking, too much of it can become a problem.
    1. Use natural bones. There are natural bones specifically sold for chewing. Only offer your dog these types of bones. Do not give him the cooked leftover bones because these can splinter and cause mouth and intestinal injuries.
    2. Use deterrents to discourage inappropriate chewing. When your first use the deterrent, allow the dog to associate the smell and the unpleasant taste. Do this by applying a small amount to a tissue. Place the tissue near the dog's mouth. His curiosity will make him sniff and taste it. He will probably retch, drool, shake his head, or walk away.
    3. Apply deterrents on reachable items that your dog might probably chew. The dog has already made the connection between the smell and the unpleasant taste so he will most likely avoid these things.
    4. Remember to reapply deterrents as often as instructed in the label to get maximum effectiveness. You need to use it more than once and until the dog learns which things are for chewing and which are not.
  - *Medical conditions.* Nutritional deficiencies and gastrointestinal problems also play major role in chewing problems. Pica, the tendency

of eating non-edible items, may be triggered if the dog has poor diet or is infested by parasitic worms in the stomach. Chewing is also a coping mechanism for some dogs experiencing nausea caused by gastrointestinal problems or other illnesses. Talk to your vet about this possible cause.

## **Obedience Training: Sit**

This is the easiest command you can teach your dog. It usually takes a couple of attempts before your dog gets it.

1. Get on the floor or on a low chair next to your dog to get on his level.
2. Put the treat in your half-closed hand and hold it very near to the dog's nose.
3. Slowly move your hand up and let your dog's head follow it. Don't move it too high because it might prompt your dog to jump.
4. When his head moves up, he will automatically lower his rear.
5. While he is in the process of going to the sit position, firmly say the word "sit".



6. Give the treat right away after he sits. Don't forget the praise.
7. Repeat several times, but keep the training session very short so you won't tire the dog.
8. Repeat multiple times a day, and try doing in different locations in the house.

9. Gradually lessen the treats, replacing it with a favorite toy or praise such as a quick but hearty “good boy”.
10. Reinforce the “sit” command in other scenarios like mealtime, opening the door, or when going out for a walk. Ask him to sit first before giving him the food. Ask him to sit first when you’re opening the door to take him out for a walk.

## **Obedience Training: Stay**

“Stay” is one of the most challenging commands for young dogs because, again, they have a very short attention span and they just really love to follow you around the house. But it does not mean you should not start training them this command. They might only stay for a couple of seconds at a time, but it will gradually increase as they get older.

1. Have your dog in a “sit” or “down” position. You don’t want him to be on his feet, to be on all fours, because there’s a very high chance for him to move.
2. With your flat palm toward the dog, say “stay”.
3. Wait for at least five seconds; and if he does not move, give him the reward.
4. If the dog moves, say “uh uh” and make him go back to his position with the “sit” or “down” command.
5. Practice the “stay” command again with the hand signal. Work with the *duration* of the stay. Depending on the learning curve of your dog, make the duration of the stay at least five seconds, then ten, and so on. However, for puppies, you have to be more patient.
6. Once he can stay longer in that position for a reasonable amount of time, work with the *distance*. Move one step back and see if he still stays put.

If he moves, go back to step 4 and try one more time. Also try to let him stay put while you move to the left or right, around, and walking away with your back on him.



## Leash Pulling



Leash pulling, unfortunately, is often misunderstood by dog owners. The outside world is an extremely interesting place for a dog, so many things to discover, so the tendency is the dog will excitedly trot forward. Some dog owners' reaction to this is to pull the leash tight. However, nature has its own law. Animals and humans alike pull back instinctively in the opposite direction when pulled, so it becomes a game of tug-of-war. Leash pulling is uncomfortable both for the dog and dog owner. But there are ways for you to minimize, if not eliminate, leash pulling.

1. Ask your dog to sit. Position yourself on the right side of the dog. Hold a treat to make your dog focus on you.
2. Step with your left leg, saying "heel" or "let's go", and start walking.
3. As soon as your dog walks ahead, turn around and walk to the opposite direction. When you do this, the dog will be behind you. Once he catches up on your side, say "heel" or "let's go" again and give him a treat.
4. If he surges ahead again, walk the opposite direction again; and once he's in the right position, say "heel" or "let's go" and give the treat.

5. Do this again and again. As you progress, get your dog to walk beside you for longer periods of time before he gets a treat, maybe starting with five seconds and then ten and so on. Heeling not only prevents the dog from pulling the leash, but it also teaches him to focus on you for directions.
6. If your dog really pulls the leash even if you have turned around, don't pull back. Stand still and use the come command or wait for the dog to come to you. Start walking only if the leash is loose.

### **One Last Thing...**

I hope you found the techniques contained in this guide helpful. You know, you're obviously really serious about helping your dog, and I just wanted to take some time to acknowledge you for that. Most people never take the time to educate themselves the way you have. You're online, you're reading this, and you really have the commitment and determination to do this right now.

That's why you might want to check out [The Perfect Dog Training System](#). It's been designed specifically for people like you.

Now, before you get this, let me tell you exactly what it does so you know its right for you. This training program covers everything you could ever need to in your goal to have a healthy, happy, well behaved dog including;

- Aggression
- Aggression towards Other Dogs
- Aggression towards Other Family Members and Housemates
- Aggression towards Strangers
- Barking
- Barking around the Property
- Barking at Everything
- Barking at Other Dogs
- Barking at the Front Door
- Barking Problems
- Barking when Home Alone
- Barking while in the Car
- Barking while You're on Walks
- Biting
- Chewing
- Coprophagy
- Counter Surfing
- Crying when Left Alone
- Digging in the Yard
- Escaping
- Establishing Yourself as the Pack Leader
- Food Aggression
- Garbage Stealing
- General Rules of Obedience Training
- Housebreaking
- Housetraining
- Howling when Left Alone
- Hyperactivity
- Leash Pulling
- Mouthing
- Not Coming when Called
- Obedience Training
- Obsessive Dog Behaviors
- Other Common Behavior Problems and How to Address Them
- Positive Reinforcement
- Running Away from Home
- Should I Use Force to Discipline my Dog?

- Stealing
- Stool Eating
- Teaching the "Come" Command
- Teaching the "Down" Command
- Teaching the "Heel" Command
- Teaching the "Leave It" Command
- Teaching the "Off" Command
- Teaching the "Quiet" Command
- Teaching the "Sit" Command
- Teaching the "Stay" Command
- Toilet-training

I hope you're going to love [this](#). If you are really serious about training your dog then check it out [here](#) now.