

## Exposure Checklist for Socialization

Age in weeks

Exposure to:	10	11	12	13	14	15	16	17	18
Babies, toddlers, children									
Teenagers, adults, elderly people									
People with wheelchairs, crutches									
In-line skaters, bikers									
Drunks, people with odd gaits									
People in uniform									
Repair people, delivery people									
People with umbrellas									
People in helmets, masks									
People with hats, beards, glasses									
People with parcels, capes, sacks									
People with strollers, wagons									
People of various ethnicity									
School grounds									
Crowds, clapping, cheering									
People yelling, loud speakers									
People dancing, singing									
Livestock, waterfowl									
Other puppies, friendly adult dogs									
Other pets									
Traffic, buses, trains, motorcycles									
Boats, seadoos, skidoos									
Manhole covers, grates									
Shiny floors, tiles, icy streets									
Gravel, cement, mud									
Revolving signs, swinging bridges									
Walks after dark, in bad weather									
Hot air balloons & airplanes									
Lawn mowers,									
Elevators, automatic doors									
Balconies, stairs									
Drive-thrus, car washes, tunnels									
Electrical appliances, washers									
Vacuum cleaners, hair dryers									
Construction and machinery noises									
Wind, rain, thunder, snow									
Fireworks, sporting events, fairs									

# SOCIALIZATION SCAVENGER HUNT

- Meet a horse
- Meet a cat
- Meet a goose
- Meet a goat
- Meet a bird in a cage
- Meet a man with a beard
- Meet a man with a cowboy hat
- Meet a toddler
- Meet a person of another race
- Walk on bubble wrap
- Ride on an elevator
- Go to a strange house, where puppy has never been before
- Get treats on the vet table
- Get treats on a groomer's table
- Go on a boat ride
- Go on a car ride
- Go near a bus
- Walk on a grate in a sidewalk
- Go up and down stairs
- Walk on a moving surface (describe it: \_\_\_\_\_)
- Walk on a narrow board placed up off the ground

- Walk up to a mailbox (BIG mailbox - not at home) and get a treat
- Get treats while next to helium filled balloons
- Walk in very tall grass
- Walk up to an opened umbrella
- Open an umbrella very slowly while puppy watches
- Walk near a small fan, then a medium fan, then a larger one
- Go to a playground or preschool area where children are squealing
- Walk puppy near or under a sprinkler
- Walk past a fire hydrant
- Run a blender or food processor or other noisy appliance with puppy nearby
- Clatter metal baking pans with puppy nearby
- Walk through a (dry or wet) wading pool
- Walk through a collapsed agility tunnel - or equivalent toy
- Walk along a ladder laid flat on the ground
- Walk on a plastic tarp on the ground
- Meet a woman with a broad-brimmed hat
- Meet a person carrying a plastic or tote bag

Courtesy of Cindy Luster, Pat Scott, DeeDee Rose, Judy Burch, and Cheryl May

## **Yielding – Move It**

### **YIELDING – MOVE IT**

By Dick Russell

Your dog is a social, pack dwelling animal. Your household is his pack. All pack or herd dwelling animals thrive best within a relatively stable hierarchy of status with some members being more dominant and others assuming a submissive role. Your dog wants to gain as much status in the pack as he possibly can for the very simple reason that status bestows prerequisites. Status is not achieved within the pack by aggression, but by submission, with the lower ranking animal yielding to the higher ranking animal's ritualistic display of authority. Your dog will be a much better pet, as well as a safer pet, if you will do a number of things to keep him from assuming increasingly higher rungs on the dominance ladder.

Pack and herd dwelling animals maintain status in a number of ways. One is to control the use of space by other animals. We are going to start controlling space by teaching your dog to yield to you on command and by your body position. Teaching this also has the added value of allowing you to walk into your home with both arms loaded with packages. We will not use food treats in the teaching of this exercise.

Have your dog standing in front of you on a loose leash. This is for control only. You will not use the leash to move your dog's body. Lean into your dog. Leaning your torso toward the dog seems to be recognized by them as a status related gesture. Say the word "Move" and move toward him with tiny shuffling steps. Keep moving in your intended direction. Do not step around or over him as this will bestow status on him. As soon as he moves, tell him "Good". Keep moving until he moves out of your way. Do this several times every day. In your house, you can practice with the leash off. Whenever your dog gets in your way, tell him to move and shuffle through him. Plan your routes around your house through your dog. If he is lying in your path, do not walk around him, instead make him move out of your way.

) The key to having your dog yield to you is your tiny, shuffling, straight ahead steps. DO NOT kick you dog or bump him with your knees.

A word of WARNING. Do not attempt to practice having your dog yield to you if he has bitten or seriously threatened you. Dogs only bite members of their family to whom they feel dominant or when there are serious dominance related, but unresolved, questions.

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A very practical use we have found for yielding is that if everytime the dog jumps on someone, they walk forward saying "move", that it quickly stops jumping up. The dog cannot get set to jump if he also has to get ready to backpeddle.

You know, to train and then to live with a dog there are two things you need to get from him. The first is his love. That's easy. Dogs give it freely. The second is his respect. In most classes I have observed this is not addressed. It results in dogs that know "tricks", but are not responsive to the owner. Yielding behavior gets his respect.

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## Nothing in Life is Free

*Undesirable behavior can be caused by many things, including undetected illness. No behavior modification program should begin without first taking the dog to a veterinarian for a complete physical examination. While you're there, give your vet a printed copy of this page and ask if it would be an appropriate technique for you to try. The NILIF program is an accepted standard in dog training/behavior but it is not, and is not intended to be, a substitute for an in-person, professional evaluation of your dog's behavior. This technique is intended for dogs in good health and of sound mind and stable temperament.*



The NILIF program is remarkable because it's effective for such a wide variety of problems. A shy, timid dog becomes more relaxed knowing that he has nothing to worry about, his owner is in charge of all things. A dog that's pushing too hard to become "top dog" learns that the position is not available and that his life is far more enjoyable without the title.

It is equally successful with dogs that fall anywhere between those two extremes. The program is not difficult to put into effect and it's not time consuming if the dog already knows a few basic obedience commands. I've never seen this technique fail to bring about a positive change in behavior, however, the change can be more profound in some dogs than others. Most owners use this program in conjunction with other behavior modification techniques such as coping with fear or treatment for aggression. It is a perfectly suitable technique for the dog with no major behavior problems that just needs some fine tuning.

### **ATTENTION ON DEMAND**

The program begins by eliminating attention on demand. When your dog comes to you and nudges your hand, saying "pet me! pet me!" ignore him. Don't tell him "no", don't push him away. Simply pretend you don't notice him. This has worked for him before, so don't be surprised if he tries harder to get your attention. When he figures out that this no longer works, he'll stop. In a pack situation, the top ranking dogs can demand attention from the lower ranking ones, not the other way around. When you give your dog attention on demand you're telling him that he has more status in the pack than you do. Timid dogs become stressed by having this power and may become clingy. They're never sure when you'll be in charge so they can't relax. What if something scary happens, like a stranger coming in the house? Who will handle that? The timid dog that is demanding of attention can be on edge a lot of the time because he has more responsibility than he can handle.

Some dogs see their ability to demand attention as confirmation that they are the "alpha", then become difficult to handle when told to "sit" or "down" or some other demand is placed on them. It is not their leadership status that stresses them out, it's the lack of consistency. They may or may not actually be alpha material, but having no one in the pack that is clearly the leader is a bigger problem than having the dog assume that role full time. Dogs are happiest when the pack order is stable. Tension is created by a constant fluctuation of pack leadership.

### **EXTINCTION BURSTS**

Your dog already knows that he can demand your attention and he knows what works to get that to happen. As of today, it no longer works, but he doesn't know that yet. We all try harder at something we know works when

it stops working. If I gave you a twenty dollar bill every time you clapped your hands together, you'd clap a lot. But, if I suddenly stopped handing you money, even though you were still clapping, you'd clap more and clap louder. You might even get closer to me to make sure I was noticing that you were clapping. You might even shout at me "Hey! I'm clapping like crazy over here, where's the money?". If I didn't respond at all, in any way, you'd stop. It wasn't working anymore. That last try -- that loud, frequent clapping is an extinction burst. If, however, during that extinction burst, I gave you another twenty dollar bill you'd be right back in it. It would take a lot longer to get you to stop clapping because you just learned that if you try hard enough, it will work.

When your dog learns that the behaviors that used to get him your attention don't work any more he's going to try harder and he's going to have an extinction burst. If you give him attention during that time you will have to work that much harder to get him turned around again. Telling him "no" or pushing him away is not the kind of attention he's after, but it's still attention. Completely ignoring him will work faster and better.

### **YOU HAVE THE POWER**

As the human and as his owner you have control of all things that are wonderful in his life. This is the backbone of the NILIF program. You control all of the resources. Playing, attention, food, walks, going in and out of the door, going for a ride in the car, going to the dog park. Anything and everything that your dog wants comes from you. If he's been getting most of these things for free there is no real reason for him to respect your leadership or your ownership of these things. Again, a timid dog is going to be stressed by this situation, a pushy dog is going to be difficult to handle. Both of them would prefer to have you in charge.

To implement the NILIF program you simply have to have your dog earn his use of your resources. He's hungry? No problem, he simply has to sit before his bowl is put down. He wants to play fetch? Great! He has to "down" before you throw the ball. Want to go for a walk or a ride? He has to sit to get his lead snapped on and has to sit while the front door is opened. He has to sit and wait while the car door is opened and listen for the word (I use "OK") that means "get into the car". When you return he has to wait for the word that means "get out of the car" even if the door is wide open. Don't be too hard on him. He's already learned that he can make all of these decisions on his own. He has a strong history of being in control of when he gets these resources. Enforce the new rules, but keep in mind that he's only doing what he's been taught to do and he's going to need some time to get the hang of it all.

You're going to have to pay attention to things that you probably haven't noticed before. If you feed your dog from your plate do you just toss him a green bean? No more. He has to earn it. You don't have to use standard obedience commands, any kind of action will do. If your dog knows "shake" or "spin around" or "speak" use those commands. Does your dog sleep on your bed? Teach him that he has to wait for you to say "OK" to get on the bed and he has to get down when you say "off". Teach him to go to his bed, or other designated spot, on command. When he goes to his spot and lays down tell him "stay" and then release him with a treat reward. Having a particular spot where he stays is very helpful for when you have guests or otherwise need him out of the way for a while. It also teaches him that free run of the house is a resource that you control. There are probably many things that your dog sees as valuable resources that I haven't mentioned here.

The NILIF program should not be a long, drawn out process. All you need to do is enforce a simple command before allowing him access to what he wants. Dinner, for example, should be a two or three second encounter that consists of nothing more than saying "sit", then "good dog!", then putting the bowl down and walking away.

### **ATTENTION AND PLAY**

Now that your dog is no longer calling the shots you will have to make an extra effort to provide him with attention and play time. Call him to you, have him "sit" and then lavish him with as much attention as you want. Have him go get his favorite toy and play as long as you both have the energy. The difference is that now you will be the one initiating the attention and beginning the play time. He's going to depend on you now, a lot more than before, to see that he gets what he needs. What he needs most is quality time with you. This would be a good time to enroll in a group obedience class. If his basic obedience is top notch, see about joining an agility class or fly ball team.

**NILIF DOES \*NOT\* MEAN THAT YOU HAVE TO RESTRICT THE AMOUNT OF ATTENTION YOU GIVE TO YOUR DOG.** The NILIF concept speaks to **who** initiates the attention (you!), not the amount of attention. Go ahead and call your dog to you 100 times a day for hugs and kisses!! You can demand his attention, he can no longer

demand yours!

Within a day or two your dog will see you in a whole new light and will be eager to learn more. Use this time to teach new things, such as 'roll over' or learn the specific names of different toys.

If you have a shy dog, you'll see a more relaxed dog. There is no longer any reason to worry about much of anything. He now has complete faith in you as his protector and guide. If you have a pushy dog he'll be glad the fight for leadership is over and his new role is that of devoted and adored pet.

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# **PUPPY SOCIALIZATION**

## **WHY SOCIALIZER?**

- Dogs are social animals
- Puppies are like a sponge learning everything about their surroundings
- Socialization is an important part of your puppy's learning process
- Give puppies a controlled atmosphere of positive experiences
- Negative experiences may occur in uncontrolled circumstances, frightening the puppy and leading to fear or aggression
- Lack of socialization may lead to unfriendly or fearful dog

## **WHEN SHOULD YOU BEGIN SOCIALIZATION?**

- Socialization begins with puppies when they are born and develop a relationship with their mother, siblings and breeders
- It is your responsibility to continue the socialization process

## **WHERE SHOULD YOU SOCIALIZER?**

- Take your puppy as many different places as possible and expose them to as many different things as possible
- Meeting people, children and other dogs and puppies is critical
- Having the mailman, milkman and neighbors give your puppy treats and praise will teach them that these people are good and positive things (treats) come from them

## **HOW SHOULD YOU SOCIALIZER?**

- Make every experience a positive experience
- Always be sure to talk in a soothing, comforting and gentle voice
- Never push or force your puppy into an experience that is frightful to them, praise and offer affection
- Pushing a puppy into situations can lead to avoidance and sensitization

TO HELP UNWANTED BEHAVIOR  
(IE: BARKING)

EXERCISE

INTERRUPT & THEN TEACH DESIRED BEHAVIOR

REDIRECT

DOGGIE "PUSH UPS"

IGNORE

"NO FREE LUNCH"

LEADERSHIP