

SKY WALKER: PUPPIES
SESSION NO: 1



NOTES

BUILDING VALUE TO THE NAME

Remember, name to your puppy is just another weird sound that humans make and at the moment it might mean nothing to your wee one. Our goal is to make it meaningful, we want to pair it up with positive things, so the next time we call "Rex!", Rex actually looks at us anticipating a reward!

To teach that, remember the key things:

- to start, have your puppy next to you
- nice, cheery voice when calling your puppy's name
- say "good" a second after calling your puppy's name
- reach for a treat/toy after "good"
- do not overuse the name. Call it once, if your puppy is not reacting, choose a quieter/less stimulating place for your practice.

"Rex!" -> "good" -> treat/toy/other reward

Start at home, then gradually move to the street, park etc. and, remember, at this stage we want to be generous with our rewards, so reward any contact and look very happy and excited when the puppy looks at you.

Homework: 2-3 short practices a day (for example, meal/walkie times) in different environments, 5-7 repetitions per session.

MENTAL STIMULATION

Let's make meal times fun and also start using them to our advantage, so it's not only the "miraculous bowl" that always provides food. Use half/full of their portion as treats, add food into puzzle toys, spread on the grass or the floor inside... get creative! You can also fish for ideas from my post here: <https://www.instagram.com/p/CMDILrmMYDH/>

HW: "Ditch the bowl for a week" challenge, so you get used to the new ways of feeding. You can bring the bowl back after that week but I want you to see the difference that giving some extra mental stimulation makes to your puppy's energy levels etc.

TOUCH

You're already absolutely smashing it! A quick note to give you more ideas on why "Touch" is an amazing cue to practise and where you can use it:

- 1) It encourages "four feet on the floor" when greeting people a.k.a. no jumping
- 2) It helps when you need to "move" your puppy on/off objects like vet's scales etc
- 3) It can work as one of the options for your recall training
- 4) It works as a positive interrupter (i.e. when we need to redirect her from chewing/pulling towards other dog)

In terms of further training, rather than producing your hand at the same level all the time, funk it up by producing it up higher, down low, between your legs etc. Keep you puppy engaged by keeping them guessing as to where the hand will appear next!

Final note:

What gets rewarded, gets repeated! If you see your puppy doing something that you like, make sure to always acknowledge it at least with a verbal praise!