

INDEX

- access to guests, granting, 68–76
- accidents, locating with blacklight, 67
- activities
 - amazing-discoveries technique, 183–186
 - to avoid, 169–172
 - body games, 148–158
 - bonding with, 147, 173
 - brain games, 158–169
 - chase, 172
 - Evasive Maneuvers, 154–156
 - fetch, 121–126
 - Find Me, 162–165
 - Find the Toy, 158–162
 - flag pole chase, 156–158
 - Get Lost game, 186–190
 - hand games, 171
 - mental fatigue and, 37
 - one-two-three technique, 190–191
 - slapping games, 171
 - squirrel game, 175–183
 - trick training, 165–169
 - tug, 148–154
 - wrestling, 169–171
- adoption, 23
- age, impact on bonding process, 22
- All Done cue, 33
- alpha, 28
- alpha roll, 22
- amazing-discoveries technique, 183–186
- anger, 11, 34
- apron, groomer's, 69
- aquariums, use of clicker training, 32
- arm-cross sit, 71–73
- attentiveness, of dog toward you, 17–18
- attract/repel theory of dog training, 71

- baby gates, 47–48, 68
- balance of power, shifting, 179
- ball, fetching, 121–126

- beds
 - with bolsters, 100–101
 - Go to Bed cue, 100–106
- Bennett, Robin (*Off-Leash Dog Play: A Complete Guide to Safety & Fun*), 54
- biscuits, dry, 127
- black light, for finding housetraining accidents, 67
- body games
 - Evasive Maneuvers, 154–156
 - flag pole chase, 156–158
 - tug, 148–154
- body language
 - calming signals, 52
 - ears, 55–56
 - eyes, 57–58
 - feet, 63–64
 - forehead, 57
 - head, 55–61
 - misunderstanding, 54
 - muzzle and mouth, 58–61
 - tail, 62
 - touch aversion, 49–53
 - whole body posture, 53–55
- bond alarm, 11
- bond definition
 - mutual respect, 14–15
 - regard, 17–18
 - trust, 16–17
- bonded dog
 - benefits of strong bond, 18–21
 - description of, 12
- bond strength
 - benefits of strong bond, 18–21
 - gauging with relationship quiz, 8–11
- boundaries, creating set of, 65
- brain games
 - Find Me, 162–165
 - Find the Toy, 158–162
 - mental fatigue, 37
 - trick training, 165–169

- breed, impact on bonding process, 22–24
- bribes, 98
- Briggs, Susan (*Off-Leash Dog Play: A Complete Guide to Safety & Fun*), 54
- Bring It cue, 37, 126
- brushing, as reward, 128–129

- calming signals, 52
- chasing
 - flag pole chase, 156–158
 - games, 172
 - squirrels, 175–183
 - toys, 156–158
- checking in
 - by dog at dog park, 10, 80
 - by dog on walk, 8–9
 - Get Lost activity, 187–189
 - praising, 137–140
 - as sign of regard, 17–18
- cheese, treats, 128
- chewing
 - praise for stopping behavior, 142
 - training to prevent, 66
- chew toy, 47
- choke collar, 3, 27–30
- clicker training
 - author's conversion to, 32
 - Go to Bed exercise, 103–105
 - leash walking, 110–114
 - marker word use, 89
 - photograph of clicker, 31
 - weaning dog off the clicker, 32
 - zoo and aquarium use of, 32–33
- collar
 - choke, 3, 27–30
 - electronic, 22
- coming when called, 96–100
- communication
 - calming signals, 52
 - ears, 55–56
 - eyes, 57–58
 - feet, 63–64
 - forehead, 57
 - head, 55–61
 - licking, 59, 61
 - misunderstandings, 54
 - muzzle and mouth, 58–61
 - panting, 59–60
 - tail, 62
 - touch aversion, 49–53
 - whole body posture, 53–55
 - yawning, 52
- conditioning, operant, 31, 33
- confidence, projecting, 41–42
- confusion, 96
- consistency, 42–43
- correction, 27–31
- crate
 - size, 46
 - use for overtired puppy, 142
 - use in housetraining, 47, 67–68
- cue
 - adding to fetch game, 122–125
 - All Done, 33
 - Bring It, 126
 - down-stay, 89–95
 - Drop, 152–153
 - Find It, 159–160
 - Go to Bed, 100–106
 - Here, 98–100
 - Hmmm, 118
 - leash walking, 106–116
 - Let's Go!, 78
 - Not Today, 181
 - recall, 96–100
 - refusal of, 96, 198, 200
 - repeating, 98
 - sit-stay, 89
 - Spin, 167, 169
 - Take, 151–152
 - This Way, 114
 - Trade, 172
 - use in real-life scenarios, 87–88
 - Wait, 152–154
 - Watch!, 182

- desensitization
 - flooding technique, 63–64
 - systematic, 64
- destructive behavior
 - chewing, 66, 142
 - full household freedom and, 65–66

- discipline, alpha roll use as, 22
- distractions
 - accounting for, 43–44
 - down-stay and, 94
 - recall and, 99–100
- dog park
 - dangers of, 80
 - dog's attention at, 10–11
 - manners at, 79–81
- Donaldson, Jean (*Mine!: A Practical Guide to Resource Guarding in Dogs*), 19
- Don't Do That marker, 141–142
- doorbells, 73
- down-stay
 - adding to fetch game, 122–125
 - indoor distractions, 94
 - outdoor distractions, 94
 - teaching, 89–95
 - use around the house, 94–95
- drill sergeant, behaving as, 40
- drop, teaching, 36–37
- Drop cue, 37, 152–153
- ears
 - body language and, 55–56
 - cropping, 56
- Eh eh, as “don't do that” marker, 141–142
- electronic collar, 22
- escape behavior, 9
- Evasive Maneuvers (game), 154–156
- exercise. *See also* games
 - mental fatigue, 37
 - unmet needs, 35–38
- eyes, body language and, 57–58
- facial expression, role in praise, 145
- fatigue, mental, 37
- fear
 - flooding technique for, 63–64
 - trust and, 16–17
- feet, body language and, 63
- fetch
 - adding obedience cues to, 122–125
 - adding unpredictability to, 121–126
 - Drop cue, 36–37
 - magic-ball, 125–126
 - rapid-fire, 126
 - refusal to relinquish the ball, 36–37
- field trips, 76–79
- fight-or-flight mode, 8
- Find It cue, 159–160
- Find Me (game), 162–165
- Find the Toy (game), 158–162
- fingers, dog's obsession with, 93
- flag pole chase, 156–158
- Flat Cat, 157
- flooding, 63–64
- food, switching, 128
- force-based dog training, 27–31
- forehead, body language and, 57
- freedom, privilege of off-leash, 79–84
- front-door greetings, 69–73
- frustration
 - anger, 11
 - bond strengthening and, 20
 - frequent, 11
 - inevitability of, 197–200
- full household freedom granting, 65–68
- fun, in the bonding process, 193–201
- games
 - amazing-discoveries technique, 183–186
 - to avoid, 169–172
 - body, 148–158
 - bonding with, 147, 173
 - brain, 158–169
 - chase, 172
 - Evasive Maneuvers, 154–156
 - fetch, 121–126
 - Find Me, 162–165
 - Find the Toy, 158–162
 - flag pole chase, 156–158
 - Get Lost, 186–190
 - hand games, 171
 - mental fatigue, 37
 - one-two-three technique, 190–191
 - slapping, 171

- games (*cont.*)
- squirrel game, 175–183
 - trick training, 165–169
 - tug, 148–154
 - wrestling, 169–171
- gates, baby, 47–48
- generalizing a behavior, 71
- Get Lost game, 186–190
- Good!, as marker word, 89
- Go to Bed cue, 100–106
- groomer's apron, 69
- guarding behavior, 58
- guests, granting access to, 68–76
- half-moon eye, 58
- hand games, 171
- hand shyness, 49
- harness, no-pull, 176
- head, body language and, 55–61
- heel, 40, 115
- Here, cue for recall, 98–100
- hide-and-seek, 162–165
- Hmmm, as verbal cue for walks, 118
- hot dogs, as treats, 91
- household freedom granting full, 65–68
- household rhythms, dog's understanding of, 117
- houeline, 68
- houstraining
- crate use, 67–68
 - difficulties with, 46–47
 - full household freedom privilege, 65–68
 - paying on delivery, 133
 - physical punishment, 34
 - praise use, 132–133
 - rewarding location, 133
- humor, sense of, 193–201
- impulse-control issue, 78
- inattentiveness, 3–4
- inconsistency. *See* unpredictability
- jumping up, 69, 71, 155
- leash
- correction with, 27
 - flexible (extendable/retractable), 107–108
 - length, 108
 - long for recall training, 83
 - manners, 78
 - standing on midpoint to control pulling dog, 176–177
 - tethering, 69–71
 - thick or thin, 108, 109
- leash walking
- as display of bond, 106–107
 - equipment, 107–108
 - opposition reflex, 108
 - penalty yard punishment, 112–115
 - pulling, 106–107, 111, 113–115
 - teaching, 110–116
 - This Way! cue, 114
- Let's Go! cue, 78
- licking, 59, 61
- long line, 83
- love
- dog-human bond and, 5–6, 12–14
 - unconditional, 12
- magic-ball fetch, 125–126
- management, training compared to, 73
- manners
- dog park, 79–81
 - leash, 78
 - say please behavior, 165
- marker word, 89
- massage, as reward, 129
- mental fatigue, 37
- Mine!: A Practical Guide to Resource Guarding in Dogs* (Donaldson), 19
- motivation, treats as, 91
- mouth, body language and, 58–61
- mutual respect, 14–15, 45
- muzzle, body language and, 58–61

- nail clipping, 19–21
- name, use of, 143
- nickname, 143
- no, avoiding use of word, 140–141
- no-pull harness, 176
- Not Today cue, 181
- obedience cues
 - adding to fetch game, 122–125
 - Bring It, 37, 126
 - down-stay, 89–95
 - Go to Bed, 100–106
 - leash walking, 106–116
 - Not Today, 181
 - recall, 96–100
 - refusal of, 96, 198, 200
 - repeating, 98
 - sit-stay, 89
 - This Way, 114
 - use in real-life scenarios, 87–88
 - Watch!, 182
- obsessive-compulsive behavior, licking
 - as, 61
- Off-Leash Dog Play: A Complete Guide to Safety & Fun* (Bennett and Briggs), 54
- off-leash freedom, privilege of, 79–84
- one-two-three technique, 190–191
- On Talking Terms with Dogs: Calming Signals* (Rugaas), 54
- operant conditioning, 31, 33
- opposition reflex, 108
- panting, 59–60
- park, dog
 - dangers of, 80
 - dog's attention at, 10–11
 - manners at, 79–81
- paw trick, 168
- penalty yard, 112–115
- Petfinder, 23
- petting, touch aversion and, 49–53
- play
 - adding unpredictability to, 121–126
 - body games, 148–158
 - brain games, 158–169
 - play-aversive dog, 147
 - as reward, 150
 - posture. *See* body language
 - potty training. *See* housetraining
 - power, shifting balance of, 179
 - praise
 - of bathroom behavior, 132–133
 - of checking in, 137–140
 - of everyday obedience, 136
 - facial expression, 145
 - how to give, 143–145
 - of human students, 131
 - insufficiency of, 131–132
 - recall approach, 135–136
 - for stopping naughty behavior, 140–143
 - use of dog's name, 143
 - voice tone, 143–145
 - walking and, 133–135
 - praise pride effect, 144
 - praise trinity, 145
 - predictability, 42
 - privileges
 - access to guests, 68–76
 - field trips, 76–79
 - full household freedom, 65–68
 - granting prematurely, 65
 - off-leash freedom, 79–84
 - pulling, on leash, 106–107, 111, 113–115
 - punishment
 - alpha roll discipline, 22
 - corrections, 27–31
 - effect on relationship with dog, 34
 - in operant conditioning, 31–32
 - penalty yard, 112–115
 - puppies
 - overtired, 142
 - punishment of, 34
 - socialization, 77

- quiz, relationship, 8–11
- rapid-fire fetch, 126
- real-life rewards, 128
- recall
 - cue, 96–100
 - distraction, 99–100
 - example of excellent, 96–97
 - hide-and-seek, 162–165
 - long-line, 83
 - praise use during, 135–136
 - privilege of off-leash freedom and, 82–84
 - problems with, 96, 97
 - as public face of dog-human bond, 97
 - rules for reteaching, 98
 - runaway, 83
 - teaching, 98–100
 - voice tone for, 98
- reflex, opposition, 108
- refusal, of obedience cue, 198, 200
- regard, 17–18
- rehoming, 23
- reinforcement, in operant conditioning, 31
- relationship quiz, 8–11
- rescue groups, 23
- resource guarding behavior, 58
- respect, mutual, 14–15
- retaliation, 66
- retractable leash, 107–108
- rewards. *See also* treats
 - adding unpredictability to, 128–129
 - brushing as, 128–129
 - play as, 150
 - real life, 128–129
 - tug as, 150
- rhythms, dog's understanding of household, 117
- rights, 65
- Rugaas, Turid (*On Talking Terms with Dogs: Calming Signals*), 54
- runaway recall, 83
- running away, preventing, 81
- say please behavior, 165
- scruff shake, 22
- sense of humor, 193–201
- shake trick, 168
- shaping a behavior, 31
- shoes, destruction of, 65, 66
- sit
 - adding to fetch game, 122–123
 - arm-cross technique, 71–73
 - praising, 136–137
 - as “say please” gesture, 136
- slapping game, 171
- sleeping with your dog, 45
- socialization, 77
- spin trick, 165–169
- Spin verbal cue, 167, 169
- spoiling your dog, 44–46
- squirrel game, 175–183
- staring, 57–58
- stay
 - down-stay, 89–95
 - sit-stay, 89
- storing toys, 149
- strength of bond
 - benefits of strong bond, 18–21
 - gauging with relationship quiz, 8–11
- stress signals
 - licking, 59, 61
 - panting, 59
 - sweaty feet, 63–64
 - tail carriage, 62
 - yawning, 52
- superstitious behavior, 93
- sweating, 63–64
- systematic desensitization, 64
- tail
 - body language and, 62
 - docking, 56
- Take cue, 151–152
- tap collar, 22
- teasing, 38–39
- tether, 69–71
- This Way! cue, 114

- time commitment, 35–36
- timekeeping skills, of dogs, 117
- tone of voice
 - for praise, 143–145
 - for recall, 98
- touch
 - aversion, 49–53
 - decreasing dog’s handling sensitivity, 19
- touch avoidance, 19
- touch intolerance, 19
- toys
 - anchoring, 75
 - chew, 47
 - Find the Toy game, 158–162
 - indoor hiding spots, 160
 - outdoor hiding spots, 162
 - storage, 149
 - on a string, 157–158
 - treat-dispensing, 74–75
 - for tug, 150
- Trade cue, 172
- training. *See also specific actions*
 - am I doing this right?
 - assessment, 200
 - clicker, 32–33
 - force-based (punishment-based), 27–31
 - as incremental process, 43
 - labeling dog as “too stubborn” or “too dumb,” 9–10
 - management compared to, 73
 - tricks, 165–169
- treat-dispensing toys, 74–75
- treats. *See also specific uses*
 - adding unpredictability to, 127–129
 - biscuits, dry, 127
 - cheese, 128
 - hot dogs, 91
 - ideas for, 75
 - motivation, 91
 - stinky, 110
 - types, 91
- trick training, 165–169
- trust, 16–17
- tug
 - advantages of game, 150
 - Drop cue, 152–153
 - as gateway drug to aggression, 148, 154
 - rules for effective, safe, 150–154
 - Take cue, 151–152
 - Wait cue, 152–154
- undermining the bond
 - confidence, lack of, 41–42
 - distractions, failure to account for, 43–44
 - drill sergeant behavior, 40
 - exercise needs, unmet, 35–38
 - housetraining, 46
 - inconsistency, 42–43
 - physical punishment, 33–34
 - punishment-based training, 27–31
 - spoiling, 44–46
 - teasing, 38–39
- unpredictability
 - adding to your dog’s life, 117–118, 129
 - Evasive Maneuvers game, 154–156
 - play, 121–126
 - treat/reward options, 127–129
 - walks, 118–121
- untrainer, 76
- verbal cue
 - adding to fetch game, 122–125
 - Bring It, 37, 126
 - down-stay, 89–95
 - Drop, 37, 152–153
 - Find It, 159–160
 - Go to Bed, 100–106
 - Here, 98–100
 - Hmmm, 118
 - leash walking, 106–116
 - Let’s Go!, 78
 - marker words, 89
 - Not Today, 181
 - recall, 96–100
 - refusal of, 96, 198, 200

- verbal cue (*cont.*)
 - repeating, 98
 - sit-stay, 89
 - Spin, 167, 169
 - Take, 151–152
 - This Way, 114
 - Trade, 172
 - use in real-life scenarios, 87–88
 - Wait, 152–154
 - Watch!, 182
- voice tone
 - for praise, 143–145
 - for recall, 98
- wag, 62
- Wait cue, 152–154
- walking
 - adding unpredictability to schedule, 117–121
 - checking in by dog, 8–9
 - equipment for, 107–108
 - heeling, 40
 - on leash as display of bond, 106–107
 - loose-leash, 4
 - opposition reflex, 108
 - penalty yard punishment, 112–115
 - praise during, 133–135
 - pulling on leash, 106–107, 111, 113–115
 - route changes, 119–121
 - teaching on leash, 110–116
 - This Way! cue, 114
 - unleashed dogs, 63
 - verbal cue, 118
- Watch! cue, 182
- wave trick, 166
- wrestling, 169–171
- yawning, 52
- Yup!, as marker word, 89
- zoos, use of clicker training, 32–33