



The UB Haven Textbook

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Note From the Author



Dear Reader,

I am delighted to present to you the UB Haven Textbook, a valuable resource that will guide you in mastering the art of dog training and upgrading your bond with your canine companion. This textbook is the culmination of years of experience as a professional dog trainer and behavior consultant.

I understand the challenges and joys of being a dog guardian, and my goal with this textbook is to provide you with practical strategies, tips, and guidance that will help you navigate the wonderful journey of dog training with confidence and success.

Throughout the pages of this textbook, you will find a wealth of knowledge and insights to help you understand your dog's behavior, communicate effectively, and establish a harmonious relationship based on trust and respect. Whether you are a first-time dog owner or have had dogs in your life for years, this textbook is designed to cater to your needs and provide you with practical tools for training and behavior modification.

I believe that training should be a positive and enjoyable experience for both you and your dog. That's why you will find a strong emphasis on positive reinforcement techniques, which have been proven to be effective and humane. By using rewards, praise, and encouragement, you will not only teach your dog new skills but also strengthen the bond between you and your canine companion.

In addition to covering fundamental training principles, such as obedience cues and leash training, this textbook also addresses common behavior challenges, including house training, separation anxiety, and leash reactivity. Each topic is approached with a comprehensive understanding of canine psychology and offers step-by-step guidance to help you overcome these hurdles.

Remember, dog training is not just about teaching your dog; it's about building a lifelong partnership and fostering a deep connection with your canine

companion. By investing time, patience, and love into your training efforts, you will witness remarkable transformations in your dog's behavior and overall well-being.



I am truly honored to be a part of your dog training journey, and I encourage you to embrace the information presented in this textbook wholeheartedly. Should you have any questions, concerns, or need further assistance, please don't hesitate to reach out. Your success is my ultimate goal, and I am here to support you every step of the way.

Wishing you joy, fulfillment, and countless happy moments with your beloved four-legged friend.

Warm regards,

Don Hoover

Owner, Professional Dog Trainer, and Behavior Consultant

UB Haven: Dog Training & Behavior Modification

Upgrading the bond between dogs and their people through compassionate, evidence-based training methods. "You Behavin'?"

Introduction

Welcome to the UB Haven Textbook! In this comprehensive guide, you will embark on a journey to master the art of FUNdamental dog training and develop a strong bond with your canine companion. This textbook covers essential topics such as creating a Zen Den for your dog, potty training, appropriate play, training consent, preparing for visitors, building a training schedule, maintenance routines, and nutrition. By following the guidance provided, you'll create a harmonious environment and enhance the well-being of your beloved pet. At the end of this textbook, you will find a weekly homework sheet for 5 weeks of fundamental obedience training, presenting you with various challenges to practice your skills.



Zen Den Set-Up

Creating a Zen Den for your canine companion is a wonderful way to provide them with a soothing and calming space. This dedicated area serves as a retreat for your dog during "off" times when they need to relax or when you are unable to supervise them. Whether you're out of the house, dealing with stressful situations, or simply occupied with other tasks like taking a shower or cooking dinner, a Zen Den offers a safe haven for your pup.

So, what does a Zen Den typically entail? Let's explore the components that make up an ideal Zen Den setup:

1. **Crate:** Your dog will likely find comfort in their crate within the Zen Den. It provides a cozy and secure space where they can retreat and feel protected. Make sure the crate is appropriately sized for your dog, allowing them to stand, turn around, and lie down comfortably.
2. An alternative to using a crate for a Zen Den could be designating a baby-gated area within your home. This could be a hallway, a bedroom, or even a laundry room, as long as it provides a secure and comfortable space for your dog. Make sure the area is free from hazards to ensure your dog's safety.
3. **Limited external stimuli:** Ensure that the Zen Den is shielded from the outside world by closing the blinds or using curtains. This helps create a serene environment by reducing visual distractions and limiting exposure to external noises.
4. Consider using a sound machine with white noise or calming dog music. This background noise helps drown out sounds from the outside world, such as packages being dropped off or neighborhood commotion, promoting relaxation.
5. **Pheromone diffuser and lavender essential oils (optional):** Consider using a pheromone diffuser in the Zen Den to emit calming scents that replicate the natural pheromones produced by nursing mother dogs. Additionally, lavender essential oil can have soothing effects on dogs. Consult with your veterinarian or a professional dog trainer to ensure the safe and appropriate use of these calming aids.

6. Puzzle toys: Keep your pup mentally stimulated and engaged by providing puzzle toys in the Zen Den. Toys like Kongs filled with peanut butter, busy buddy toys, or other interactive puzzles can help alleviate boredom and provide a positive outlet for their energy.



When setting up your Zen Den, think about the best location within your home that suits your dog's needs. Consider discussing the setup with your trainer, as they can offer personalized advice and guidance.

It's important to note that some dogs may initially resist using a Zen Den or feel anxious about being confined to a specific area. This is where patience and training come into play. Gradually introduce your dog to the Zen Den by making it a positive and rewarding experience. Offer treats, praise, and engage in activities they enjoy while they are in the designated area. Over time, they will associate the Zen Den with positive experiences and feel more comfortable spending time there.

However, it's crucial to prioritize your dog's well-being and monitor their response to the Zen Den. If you notice increasing signs of stress or your dog's anxiety levels are not improving, it's advisable to consult with your trainer before continuing the use of the Zen Den. They can provide guidance and adjustments to ensure that the Zen Den remains a safe and beneficial space for your dog.

Remember, the Zen Den is a space for your dog to find tranquility and peace. By creating this serene environment, you're providing a valuable retreat where your pup can relax and recharge, contributing to their overall well-being.

Potty Training

Potty training is an essential aspect of owning a dog. By following the proper techniques and establishing a consistent routine, you can teach your dog to eliminate in appropriate areas and prevent accidents inside the house. In this chapter, we will explore the instructions and guidelines for successful potty training.



Establish a Consistent Feeding Schedule:

To regulate your dog's potty schedule, it's crucial to establish a consistent feeding routine. Feed your dog twice a day, once in the morning and once at night, at the same times each day. Follow the recommended portion for your dog's age and weight, as higher-quality foods often require smaller portions. By limiting mealtime to 5 minutes, you're encouraging your dog to develop a regular potty schedule.

Establish a Regular Potty Schedule:

Instead of waiting for your dog to signal their need to go, it's best to establish a potty schedule. Take your dog outside to their designated potty area at regular intervals throughout the day. Carry high-value treats with you and reward your dog immediately after they eliminate, whether it's mid-pee or mid-poop. This positive reinforcement helps them associate going potty outside with a positive outcome. Remember to give the treat outside, within 2-4 seconds of elimination, to reinforce the connection.

Ensure Sufficient Potty Opportunities:

Adult dogs should have a minimum of 5 potty opportunities per day. These should include:

1. Before breakfast.
2. After breakfast, within a reasonable timeframe (1-5 minutes).
3. When they wake up from a late morning/afternoon nap.
4. Before dinner.
5. After dinner.
6. One more before bedtime is usually a good idea.

By providing regular potty breaks, you're giving your dog ample opportunities to eliminate outside and reinforcing the desired behavior.

Guidelines for Puppies:

Puppies have smaller bladders and may require more frequent potty breaks. As a general rule of thumb, the number of months old a puppy is approximately corresponds to the number of hours they can hold their

bladder. However, individual puppies may have varying capacities, so it's important to be observant of your puppy's signals and adjust the frequency of potty breaks accordingly. Gradually increase the time between potty breaks as your puppy matures and gains better bladder control.



Key Opportunities for Bathroom Breaks:

Certain situations and behaviors indicate that your dog may need to go potty. Keep an eye out for these key opportunities:

1. **After Naps:** When your dog wakes up from a nap, they may need to relieve themselves. Take them outside promptly after waking.
2. **After Meals and Drinking:** After your dog has eaten a meal or had a drink of water, they are likely to need a bathroom break. Allow some time for digestion, and then take them to their designated potty area.
3. **During Playtime:** Intense play sessions can stimulate your dog's need to eliminate. Take regular breaks during playtime to give your dog an opportunity to go outside and take care of their business.
4. **Environmental Changes:** Events such as a knock at the door, a delivery, or the return of a loved one can trigger your dog's need to go to the bathroom. Pay attention to their behavior during these times and provide them with an opportunity to relieve themselves.
5. **Sniffing the Floor:** If you notice your dog sniffing the floor or circling in a particular area, it may be a sign that they need to go potty. Take them outside promptly when you observe these behaviors.
6. **Drifting Off Out of Sight:** If your dog starts to wander off or hide from view, they may be seeking a spot to eliminate. Keep an eye on them and redirect them to the appropriate potty area if necessary.
7. **Drawn to Absorbent Surfaces:** Dogs are naturally drawn to absorbent surfaces like carpets or rugs when they need to go potty. If you notice your dog showing interest in these areas, it's essential to intervene and take them outside.
8. **After Training Exercises:** Training sessions can be mentally and physically stimulating for your dog. After a training session, take them outside to see if they need to relieve themselves.



Implement Crate Training (or Confined Baby Gated Area) if Necessary:

If your dog is not going to the bathroom outside despite being taken out, it may be necessary to introduce crate training or confine them to a baby gated area. Here's how to do it:

1. After spending several minutes outside without results, bring your dog back inside and give them no more than a 2-minute break in the crate or confined area.
2. The crate should not be seen as a punishment. Use treats and positive reinforcement to encourage your dog to enter the crate willingly. You can create a trail of treats leading to the crate if needed. Practice this before implementing it.
3. During the 2-minute crate break, withhold attention from your dog to communicate that they didn't do what you expected outside. Avoid eye contact or talking to them. It's crucial not to exceed the 2-minute time limit.
4. Once the two minutes are up, put the leash back on and take your dog outside again, ensuring you have treats with you. You may need to repeat this process 1 or 2 times if your dog still doesn't go potty outside. Consistency is key, and when implemented correctly, this exercise will be temporary.

Use an Enzymatic Pet Cleaner:

Accidents may happen during the potty training process. To effectively clean up any messes and prevent repeat incidents, use an enzymatic pet cleaner. Follow these guidelines:

1. Enzymatic cleaners break down the pheromones in urine and feces, eliminating the scent that could attract your dog to the same spot again. Regular household cleaners may remove the odor and stain for you, but they may not eliminate the scent for your dog.
2. If your dog has an accident, avoid yelling, punishing, or rubbing their nose in it. Instead, ignore the accident and clean it with an enzymatic



cleaner. Yelling or scolding your dog can teach them that going potty inside gets them attention, even if it's negative.

3. If you catch your dog in the act of peeing or pooping inside, make a quick and sharp noise like clapping your hands or saying "EH!" to interrupt the process. Then, promptly take them outside to finish their business. Don't worry about cleaning up the mess immediately; focus on getting your dog outside first.
4. If you're unsure where previous accidents occurred, use a handheld black light at night to identify areas where pheromones may still remain. Spray these areas with the enzymatic cleaner to remove any lingering scent.

Seek Veterinary Attention if Needed:

If your dog is excessively eliminating or showing unusual changes in their bathroom habits, it's advisable to consult your veterinarian. Excessive urination or defecation can be signs of underlying health concerns, such as urinary tract infections or gastrointestinal issues. Your veterinarian will be able to evaluate your dog's health, conduct any necessary tests, and provide appropriate guidance and treatment if needed.

Monitoring your dog's bathroom habits and seeking veterinary attention if you notice any significant changes is crucial for their overall health and well-being. Don't hesitate to reach out to your veterinarian if you have any concerns about your dog's elimination patterns.

Remember, potty training requires patience, consistency, and positive reinforcement. With the right techniques and a clear routine, you can successfully potty train your dog and establish good bathroom habits.

Appropriate Play with Your Dog

Playtime is an essential part of bonding with your dog and providing mental and physical stimulation. However, it's important to ensure that play remains safe and enjoyable for both you and your furry friend. Here are some guidelines for appropriate play with your dog:



1. Choose suitable toys: Opt for toys that are specifically designed for dogs and are of an appropriate size and durability for your dog's breed and size. Avoid toys with small parts that could be easily swallowed or cause choking hazards. Check our Amazon Storefront for ideas.
2. Use interactive toys: Interactive toys, such as puzzle toys or treat-dispensing toys, engage your dog's mind and provide mental stimulation. These toys can help prevent boredom and destructive behaviors.
3. Supervise playtime: Always supervise your dog during play to ensure their safety and prevent any rough behavior. If play becomes too rough or aggressive, interrupt it by redirecting your dog's attention to a different activity or providing a time-out to calm down.
4. Encourage gentle play: Teach your dog to play gently by using positive reinforcement. Reward calm and gentle behavior during play, and discourage any nipping or rough mouthing by redirecting their attention to appropriate toys or activities.
5. Establish rules with tug-of-war: While tug-of-war can be a fun game, it's important to establish rules and boundaries. Use a designated tug toy and teach your dog to release the toy on cue. Avoid pulling too hard or engaging in overly competitive play, as it can escalate into undesirable behavior.

Remember, playtime should be a positive and enjoyable experience for both you and your dog. By following these guidelines, you can create a safe and engaging play environment that strengthens your bond and promotes healthy behaviors.

Getting Consent with your Dog in Training

Respecting your dog's consent is an important aspect of their training and overall well-being. Just like humans, dogs have boundaries and individual preferences. By understanding and acknowledging your dog's consent, you can build trust and create a positive training experience. Here's how you can ensure consent in your dog's training:



1. **Observe body language:** Pay close attention to your dog's body language during training sessions. Signs of discomfort or stress, such as lip licking, yawning, freezing, or avoiding eye contact, indicate that your dog may not be comfortable with the current situation. Respect their signals and adjust accordingly.
2. **Use positive reinforcement:** Focus on reward-based training methods that motivate and encourage your dog. By using treats, praise, and play as rewards, you create a positive association with training and increase their willingness to participate.
3. **Allow breaks:** Dogs, like humans, can experience mental and physical fatigue. Provide regular breaks during training sessions to give your dog time to rest, process information, and recharge. Pushing them beyond their limits can lead to frustration and reluctance to participate.
4. **Consent to handling:** When handling your dog, such as during grooming or veterinary procedures, ensure that they are comfortable and consenting. Gradually introduce handling activities, use positive reinforcement, and respect their boundaries. If your dog shows signs of stress or discomfort, seek professional guidance to address the issue.

Remember, building consent in training is a continuous process. By listening to your dog, understanding their needs, and adjusting your training methods accordingly, you can establish a trusting and cooperative relationship that promotes their overall well-being.

Preparing for Company Visiting the Home

Welcoming guests into your home can be an exciting but potentially stressful event for your dog. With proper preparation and training, you can help your dog feel comfortable and ensure a positive experience for both your guests and your furry friend. Consider the following tips when preparing for company visiting your home:

1. **Create a Zen Den:** Designate a quiet and secure area where your dog can retreat to when guests arrive. Provide comfortable bedding, toys, and water in this space, and encourage your dog to use it as a safe



haven. Create a household rule that doors don't open until the dog is in their confined Zen Den to avoid escaping or other potential failures.

2. Proper introductions: Teach your dog polite greeting behavior, such as sitting calmly when meeting new people. Use positive reinforcement to reward calm behavior and prevent jumping or excessive excitement.
3. Gradual exposure: If your dog is particularly anxious or reactive towards visitors, consider a gradual exposure approach. Start with short visits from familiar friends or family members and gradually increase the duration and number of visitors over time.
4. Use positive reinforcement: Reward your dog for calm behavior during interactions with guests. Treats, praise, and petting can be used to reinforce their positive associations with visitors.
5. Manage the environment: Before guests arrive, remove any items that could be potentially dangerous or tempting for your dog. Secure trash cans, put away personal belongings, and ensure that any hazardous substances are out of reach.
6. Consider professional help: If your dog displays excessive anxiety, aggression, or other behavioral issues during guest visits, it may be beneficial to seek guidance from a professional dog trainer or behaviorist. They can provide tailored strategies to address specific concerns and ensure a safe environment for everyone involved.

By implementing these strategies, you can help your dog feel more at ease when guests visit your home, promoting a positive and harmonious environment for all.

Building an Appropriate Training Schedule

Establishing a consistent and structured training schedule is crucial for effective dog training. A well-planned training routine not only provides your dog with clear expectations but also enhances their learning and strengthens your bond. Here are some guidelines for building an appropriate training schedule:



1. Set aside dedicated training time: Allocate specific times during the day for focused training sessions. Aim for short, frequent sessions rather than one long session, as dogs tend to have shorter attention spans.
2. Be consistent: Consistency is key in dog training. Stick to the same schedule and training methods to establish clear expectations and reinforce desired behaviors. This consistency will help your dog understand what is expected of them and facilitate faster learning.
3. Include mental and physical exercise: Alongside training, ensure your dog receives ample mental and physical exercise. Incorporate activities such as walks, playtime, and interactive toys to keep your dog mentally stimulated and physically active. A tired dog is more receptive to training and less likely to display unwanted behaviors.
4. Focus on one skill at a time: To avoid overwhelming your dog, focus on teaching and reinforcing one skill at a time. Once your dog has mastered a particular behavior, you can move on to the next one. This gradual progression allows for better retention and prevents confusion.
5. Make training enjoyable: Training should be a positive experience for both you and your dog. Use rewards, praise, and play to make the training sessions enjoyable and engaging. Incorporate games and activities that your dog loves to keep them motivated and excited to learn.
6. Review and reinforce learned behaviors: Regularly review and reinforce previously learned behaviors to ensure they stay ingrained in your dog's repertoire. This reinforcement helps solidify their training foundation and ensures long-term success.

Remember, patience and consistency are key when building an appropriate training schedule. Tailor the schedule to your dog's individual needs, and always be flexible to accommodate any changes or challenges that may arise.

Frequency of Toenail Trims, Vet Visits, and Baths

Regular maintenance and care are essential for your dog's health and well-being. Here are some general guidelines regarding the frequency of toenail trims, vet visits, and baths:



1. **Toenail trims:** The frequency of toenail trims depends on your dog's activity level and lifestyle. Active dogs that regularly walk on hard surfaces may naturally wear down their nails, requiring less frequent trims. However, most dogs will benefit from regular nail trims every 4–6 weeks to prevent overgrowth and discomfort. Consult your veterinarian or a professional groomer for guidance specific to your dog's needs.
2. **Vet visits:** Regular veterinary check-ups are crucial for maintaining your dog's health. Puppies require frequent visits for vaccinations and general health assessments. As your dog matures, annual wellness exams are typically recommended. However, older dogs or those with specific health conditions may require more frequent visits. Your veterinarian can advise you on the ideal schedule based on your dog's age, breed, and individual needs.
3. **Baths:** The frequency of baths depends on your dog's coat type, activity level, and any specific skin conditions they may have. Over-bathing can strip their coat of essential oils and cause dryness, while infrequent baths can lead to odor and dirt buildup. In general, most dogs benefit from bathing every 4–8 weeks, but it's best to consult your veterinarian or a professional groomer for personalized recommendations.

It's important to note that these are general guidelines, and individual dogs may have unique needs. Always consult with your veterinarian for personalized advice on the frequency of toenail trims, vet visits, and baths based on your dog's specific circumstances.

Nutrition for Your Dog's Well-being

Proper nutrition plays a vital role in your dog's overall health and well-being. Providing a balanced and nutritious diet is essential for their growth, development, and maintenance. Here are some key points to consider regarding nutrition:

1. **Choose high-quality dog food:** Look for dog food brands that meet the nutritional standards set by reputable organizations such as the Association of American Feed Control Officials (AAFCO). These



standards ensure that the food provides a complete and balanced diet for your dog's life stage.

2. Consider your dog's life stage: Puppies, adult dogs, and senior dogs have different nutritional needs. Choose a food specifically formulated for your dog's life stage to ensure they receive the appropriate nutrients and support their specific requirements.
3. Read the ingredients list: The ingredients list on the dog food label can provide valuable information. Look for whole food ingredients such as meat, fruits, and vegetables. Avoid foods that contain excessive fillers, artificial preservatives, or low-quality by-products.
4. Establish a feeding routine: Dogs thrive on a consistent feeding schedule. Divide their daily food portion into two or three meals and feed them at regular intervals. This routine helps prevent overeating, aids digestion, and promotes a healthy weight.
5. Monitor portion sizes: Obesity is a common health issue in dogs. Follow the recommended portion sizes provided on the dog food packaging, and adjust as needed based on your dog's activity level, age, and overall health. Regularly assess your dog's body condition and consult with your veterinarian if you have concerns about their weight.
6. Provide fresh water: Ensure that your dog always has access to fresh and clean water. Hydration is essential for proper digestion, temperature regulation, and overall health.
7. Consult your veterinarian: Each dog is unique, and their nutritional needs may vary. Consult with your veterinarian to determine the best diet for your dog based on their individual requirements, any underlying health conditions, and specific dietary considerations.

Remember, nutrition is a fundamental aspect of your dog's well-being. Providing a balanced and nutritious diet sets the foundation for their overall health and can contribute to their longevity and vitality.

Socialization Techniques and Expectations

Proper socialization is crucial for a well-rounded and confident dog. Socializing your dog involves exposing them to various people, animals, environments, and experiences to develop their social skills and reduce the

likelihood of fear or aggression. Here are some techniques and expectations for effective socialization:



1. Early and gradual exposure: Start socializing your puppy as early as possible, ideally between 3 and 14 weeks of age. Introduce them to different people, including men, women, children, and individuals of diverse ethnicities. Expose them to various sounds, surfaces, objects, and animals in a controlled and positive manner.
2. Positive reinforcement: Use positive reinforcement techniques, such as treats, praise, and play, to create positive associations with new experiences and social interactions. Reward your dog for calm and appropriate behavior during socialization encounters.
3. Controlled introductions: When introducing your dog to new people or animals, ensure that the encounters are calm, controlled, and positive. Gradually increase the intensity and duration of the interactions as your dog becomes more comfortable and confident.
4. Gradual exposure to environments: Expose your dog to different environments, such as parks, cities, busy streets, and public places. Start with quieter and less overwhelming locations and gradually progress to busier and more stimulating environments.
5. Supervision and safety: Always supervise your dog during socialization activities to ensure their safety and the safety of others. Use appropriate restraints, such as a leash or harness, when necessary.
6. Consistency and patience: Socialization is an ongoing process that requires time, consistency, and patience. Be prepared for setbacks and progress at a pace that suits your dog's comfort level. Avoid rushing or overwhelming your dog, as this can have counterproductive effects.
7. Continued socialization throughout adulthood: Socialization should not be limited to the puppy stage. Continue to expose your dog to new experiences, people, and animals throughout their life to maintain their social skills and prevent regression.

Common Behavior Problems and Solutions

Addressing common behavior problems is an important aspect of dog training. Here are some common behavior problems you may encounter with your dog and potential solutions:



1. **Jumping up:** Dogs often jump up to greet people or seek attention. Teach your dog an alternative behavior, such as sitting or offering a paw, to redirect their attention. Consistently reinforce the desired behavior and ignore or redirect them when they jump up.
2. **Pulling on the leash:** Dogs that pull on the leash during walks can make walking unpleasant and challenging. Train your dog to walk politely on a loose leash by using positive reinforcement techniques and rewarding them for walking beside you without tension.
3. **Excessive barking:** Excessive barking can be a nuisance and a sign of underlying issues. Identify the triggers for your dog's barking and address them accordingly. Provide mental and physical stimulation, and consider professional help if the barking persists.
4. **Separation anxiety:** Dogs with separation anxiety may exhibit destructive behavior, excessive vocalization, or house soiling when left alone. Gradually desensitize your dog to being alone in their Zen Den through short absences, provide mental stimulation in the form of toys or puzzles, and consider seeking guidance from a professional dog trainer or behavior consultant.
5. **Chewing on inappropriate items:** Dogs explore the world through their mouths, which can lead to chewing on inappropriate objects. Provide appropriate chew toys and redirect their attention to those toys when they engage in inappropriate chewing. Ensure that your dog has plenty of mental and physical stimulation to prevent boredom.
6. **Fear and aggression:** Fear and aggression can arise from various factors, including insufficient socialization, past traumatic experiences, or medical issues. Seek professional help from an accredited dog trainer or behavior consultant to address these complex issues safely and effectively.

Remember, addressing behavior problems requires patience, consistency, and positive reinforcement techniques. Seek professional guidance if you encounter persistent or severe behavior issues to ensure the well-being of both you and your dog.

The Importance of Adopting a Compatible Dog



When considering adding a new furry companion to your family, it is crucial to prioritize compatibility. Each dog breed has different needs, temperaments, and characteristics, making it essential to find a dog that is well-suited to your lifestyle, home environment, and individual preferences. Here are some key areas to consider when adopting a dog:

1. **Breed characteristics:** Different dog breeds possess distinct traits, energy levels, exercise requirements, and temperaments. Research and understand the specific characteristics of the breeds you are interested in to determine if they align with your lifestyle and expectations. For example, some breeds are known to be more energetic and require vigorous exercise, while others may be more laid-back and adaptable.
2. **Personalities:** Just like humans, dogs have unique personalities. Some dogs may be outgoing and sociable, while others may be more reserved or independent. Consider your own personality and the type of dog that would complement your lifestyle. If you are an active person who enjoys outdoor activities, an energetic and sociable dog may be a great match. Conversely, if you prefer a quieter and calmer environment, a more relaxed and independent dog may be a better fit.
3. **Home environment:** Evaluate your home environment and living arrangements to ensure they are suitable for the type of dog you are considering. Factors to consider include the size of your living space, access to a yard or nearby parks for exercise, and any restrictions or regulations imposed by your housing community or landlord.
4. **Other pets:** If you already have pets at home, it is essential to consider their compatibility with a new dog. Some dogs may have a higher prey drive or may not get along well with other animals. Introducing a new dog to your existing pets should be done gradually and with careful consideration to ensure a harmonious and safe environment for everyone.
5. **Lifestyle and commitment:** Dogs require time, attention, exercise, and companionship. Assess your lifestyle and commitments to determine if you can provide the necessary care and attention that a dog deserves. Consider factors such as your work schedule, travel frequency, and available support systems to ensure that you can meet the dog's needs and provide a loving and nurturing home.

6. Size and energy level: Dogs come in various sizes, ranging from small toy breeds to large working breeds. Consider the space available in your home and your ability to handle and manage a dog of a particular size. Additionally, energy levels vary among breeds, with some requiring more exercise and mental stimulation than others. Match the energy level of the dog to your own activity level and ensure you can provide the necessary exercise and mental enrichment.



Remember, adopting a compatible dog is essential for creating a harmonious and fulfilling relationship. Take the time to research, visit shelters or breed-specific rescues, and consult with professionals to find a dog that aligns with your lifestyle, preferences, and home environment. By prioritizing compatibility, you increase the likelihood of a successful adoption and the establishment of a lifelong bond with your new canine companion.

FUNdamentals 5-Week Training Course

As you embark on this exciting journey, it's important to note that the 5 weeks of written assignments in this textbook mirror the UBH Online FUNdamentals course, which is available for purchase on our website. The online course offers additional resources, video demonstrations, and interactive elements to enhance your learning experience. If you find this introductory training chapter beneficial, we encourage you to explore the online course for further in-depth guidance and support.

Throughout the 5 weeks, you will delve into practical exercises, step-by-step instructions, and expert guidance to strengthen your dog's obedience and responsiveness. From mastering the clicker training technique and building eye contact to teaching cues like "sit," "stay," and "leave it," you'll gain the knowledge and skills necessary to create a harmonious and enjoyable relationship with your canine companion.

Get ready to witness the transformation in your dog's behavior, deepen your connection with them, and experience the fulfillment that comes from effective communication. Whether you're a new dog owner or looking to refine your training skills, the FUNdamentals 5-Week Training Course is your

pathway to success. Let's embark on this enriching adventure together and unlock the full potential of your dog's training!



To ensure optimal progress, it is essential to practice the assigned tasks in approximately three different environments between each weekly lesson. While your living room, bathroom, or kitchen may meet the criteria for a young puppy or nervous dog, we encourage you to explore alternative locations such as local pet stores, parks, and neighborhoods for a more confident dog. Remember, practicing in new environments might yield different responses from your dog compared to home, but this is perfectly normal. If needed, don't hesitate to revisit the foundational teaching steps from your lessons.

For a successful training experience, gather the following items before starting the course (Visit our Amazon Storefront for supplies):

1. A 4-6 ft. cloth leash
2. Harness or permitted halter
3. Three different types of soft, chewy treats in your treat pouch:
 - Good: Happy Howie's lamb roll
 - Better: Freeze-Dried Beef Liver, Duck Jerky, Lamb Lung
 - Best: Hot Dogs (Nathan's brand - no garlic or onion), Extra Sharp Cheddar Cheese
4. Treat Pouch
5. A "Leave It" biscuit (e.g., MilkBone)
6. Clicker
7. A positive attitude!

Please note: When facing difficult situations, reserve your best-value treats for those moments. High-fat foods, if fed in large quantities often, can be detrimental to a dog's health. Use your best treats sparingly and treasure them like gold.

Wishing you the best of luck on this rewarding journey together! If you have any questions or need assistance, remember that I am here to support you.

Week 1 Homework:



1. Loading the Clicker: Start by clicking the clicker and immediately rewarding your dog with a treat. You can either feed the treat directly or toss it for your dog to catch.
2. "Watch Me": Hold a treat in front of your dog's nose, then say "watch me" before bringing the treat to your own nose. Click as soon as your dog makes eye contact with you and promptly reward them. Gradually increase the duration of eye contact by withholding the click for slightly longer periods, building towards lasting focus.
3. "Sit": Say "sit" before demonstrating the hand signal (a flat hand starting at your thigh and lifted up to your face). Click and reward once your dog is seated. Avoid repeating verbal cues and only repeat the hand signal if necessary.

Week 2 Homework:

1. "Sit" at Your Left Heel: Use a treat, not a leash, to lure your dog to your left side. Position yourselves to face the same direction. Say "sit" while simultaneously showing the signal for "sit" with your right arm on the left side of your body.
2. "Let's Go": Start with a "sit" at your left side. Click and reward. While your dog remains seated, say "let's go" as you lead with your left foot. Click and reward after taking just one or two steps, ensuring the leash is loose and your dog stays at your left side.
3. "Say Hello": Hand a treat to a greeter from an arm's length away. Begin with a "sit" at your left side. Click and reward. As long as your dog remains seated, say "say hello" and allow them to receive a treat from the greeter. Promptly say "let's go" and turn to walk away. Click as soon as your dog turns to follow you, and reward them.
4. Grooming and Handling: Start by placing one hand on your dog's jaw and the other on their shoulder. Hold them firmly for about three seconds and then say "okay" as you release them. Quickly give them a treat. Repeat the process on the other side. Handle each of their four paws, releasing with "okay," and promptly follow up with a treat. Inspect their eyes, ears, nose, mouth, and tail, rewarding after each inspection.

Week 3 Homework:



1. "Leave It": Hold a lesser-value treat in your left hand and a higher-value treat in your right hand behind your back. Get your dog interested in the lesser-value treat, then say "leave it." Click and reward with the higher-value treat as soon as your dog breaks focus from the lesser-value treat. Remember to put the "leave it" treat away at the end of the exercise.
2. "Leave It" Tossing the Treat: Show your dog a lesser-value treat. Say "leave it" before dropping the treat on the ground. Click and reward with a higher-value treat as soon as your dog's focus shifts away from the "leave it" item. Remember to put away the "leave it" treat after the exercise.
3. "Drop It": Engage in play with your dog's favorite toy. Once the toy is in their mouth, say "drop it" while presenting a treat in a closed fist. Click and toss the treat to reward as soon as the toy falls from your dog's mouth.
4. "Down": Begin with a "sit." Say "down" before showing the hand signal for "down." Click and reward when your dog lies down completely. Gradually fade the lure by standing up a bit more each time you cue "down." Aim to cue the command from a standing position without bending down to your dog's level by the next week.

Week 4 Homework:

1. "Let's Go" in a Circle: Start with a "sit" at your left side. Click and reward. As long as your dog remains seated, say "let's go" as you lead with your left foot. Click and reward when you complete 10 circles to the left and 10 circles to the right, ensuring a loose leash and your dog stays at your left side.
2. Come When Called: Distract your dog with toys or a pile of treats on the ground. Call their name in an enthusiastic tone, turn your shoulders, and walk or jog away from them as you say "come!" Use playful body language, like a play bow, and look silly to entice them to chase you. When your dog comes to you, show the "sit" signal without saying it. Click and reward when they sit in front of you.
3. "Leave It" on a Walk: Show your dog a lesser-value treat. Toss the treat on the ground about 10 feet ahead of you. Begin walking ("sit, watch me, let's go") toward the treat. Approximately two steps before reaching the

treat, say "leave it" and continue walking forward at your pace. Click and reward once your dog's focus breaks from the treat and returns forward.



Week 5 Homework:

1. "Stay": Cue your dog to "sit." Click. Use a flat hand signal like a "stop" sign while saying "stay." Count to three, then click and reward. Immediately cue "stay" again and count to three, clicking and rewarding once more. Gradually increase the duration to 30 seconds by the next week, clicking and rewarding in 10-second increments.
2. Sit for Petting: Begin with a "sit" and "watch me." Click and reward. As long as your dog remains seated, allow a stranger to come and give them a treat while reaching to pet them. If your dog gets up from the sit position, quickly return them to a sit before continuing the greeting.
3. "Shake/Give Paw": Start with a "sit." Say "shake" or "give paw" as you present the hand signal. Click and reward as soon as your dog's paw touches your hand.