

An excerpt from:

## ***My Dog Pulls. What Do I Do?***

by Turid Rugaas,  
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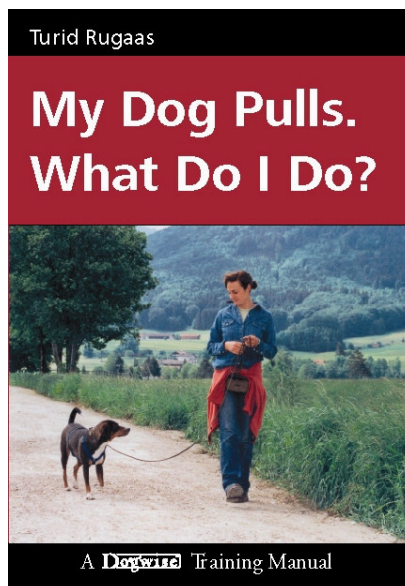
### **How to teach your dog to walk nicely:**

It is best to start teaching the dog a neutral sound first. Do this at home or in a quiet place. Stand still, make the sound, praise and reward IMMEDIATELY after the dog turns toward the sound. Repeat a few times. You will see how quickly your dog understands that the noise indicates a treat.

Next: Make the sound, praise the dog when he turns, walk a couple of steps away, then reward. When this begins to work well, you can start doing this several times in a row, by changing direction 3-4 times. Make the sound first, then walk away when the dog looks your way, reward, make the sound again, and repeat the procedure.

When this works well, put a leash on the dog and do the same thing. Be absolutely sure that you have a loose leash. Look again at the pictures in this book and see how slack the leash is. Yours should be like that, too.

When both you and your dog can do this with ease inside your home, in the garden or in another quiet place, this is the time to go out and meet the occasional distraction. However, ensure that there are not many distractions in the beginning, and that they are some distance away. If they are too close increase the distance to ensure that your dog can succeed. When you and your dog are good at this,



and when you are good at keeping your leash slack, start rewarding a little less. Every second or third time, perhaps – but vary it a little so that your dog doesn't begin to predict when the treat will come. The goal is to give a treat “every now and then” – but you should never cut out the treat completely. A variable schedule gives the best possible performance.

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Norwegian dog trainer **Turid Rugaas** has studied canine social language for over 30 years. In her earlier book, *On Talking Terms with Dogs: Calming Signals*, she educated dog trainers and pet owners alike about the hidden meaning of a wide range of canine postures, facial expressions and movements. Turid is one of the most popular seminar presenters and travels world-wide sharing her insights and research.