

Eric Letendre's

Dog Training System

Private, One-On-One, In-Home Dog Training...Gauranteed Results!



101 Ways to Improve Your Dog's Behavior

By Eric R. Letendre

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We believe that in order to have a good dog, you need to learn how to be a good dog owner. When you learn to become a good dog owner, you will find that living with your dog is easier and a lot more fun! This report is divided into five parts to help you achieve this goal.

PART I - Management of Behavior

- 1) Learn how to effectively manage your dog's behavior, especially in your absence.
- 2) Use a crate when you cannot physically be there to watch your dog. Make sure it is big enough for the dog to move around in, and do not overuse the crate.
- 3) When you are home, keep the dog in the room with you. It is extremely important to monitor her behavior.
- 4) Using a baby gate is a great way to keep the dog in the room with you.
- 5) Keep a leash on the dog to help control her. If she gets on the furniture, use the leash to pull her off. If the dog steals something, you can step on the leash to prevent chase games.
- 6) Use a chain leash if your dog likes to chew on the leash. (You will need a leather leash for obedience training.)

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7) When a baby gate is not available, secure the leash to something sturdy to keep the dog in the room with you.

PART II – Exercise

8) There are two ways to exercise your dog – physically and mentally. Make sure you do both.

9) Take your dog for a daily walk. Dogs need to get off their property and explore their surroundings using their senses (sight, sound, and smell).

10) Make sure your dog gets aerobic exercise. A dog needs to get his heart rate up and blood pumping. This also allows the dog to burn off pent-up energy.

11) Retrieving games are a great way for your dog to get aerobic exercise. (Note: Use two balls if your dog does not drop the ball on command.)

12) Playing Tug-o-War is a good way for your dog to get exercise and stimulation. Make sure you always win the game.

13) Go hiking. This is a great way for you and your dog to get close to nature, enjoy fresh air, and exercise.

14) On a hot day, there is no better way to exercise than swimming. Your dog stays cool and gets his daily exercise.

15) After some physical exercise, make sure your dog receives some mental stimulation.

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16) A dog explores his world through his sense of smell. Allow the dog to sniff and investigate his surroundings with his nose.

17) Throw a handful of treats into the backyard. This loose form of tracking will keep the dog occupied.

18) A stuffed Kong® toy can provide hours of entertainment. Kong® toys are available at most pet stores.

19) Stuff the Kong® with peanut butter or cream cheese and pack a few biscuits into them.

20) Teaching a dog some tricks is fun and stimulating for the dog.

21) Teach your dog to find treats around the house. Hide them behind and underneath the furniture.

22) Obedience training requires the dog to think and use her brain. Take five minutes each day to do some training.

PART III – Structure / Leadership

23) Dogs are social animals. They are also pack animals. In a pack, there is a leader. Position yourself as the leader.

24) Position yourself as a leader in a non-physical manner by controlling the activities, resources and needs of the dog.

25) The four most important things to a dog are social contact, playing, eating, and sleeping. By controlling these activities, you position yourself as the leader.

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26) Control Tug-o-War games. When playing “tug,” start and finish the game. The most important aspect of “tug” is to always win the game before putting the tug toy away.

27) Play retrieving games using two balls. Throw the ball. When the dog returns, play with the second ball. Wait for the dog to drop the first one, and only then throw the second ball for him.

28) Control food by feeding twice a day.

29) Have the dog perform a five to ten second sit stay before eating.

30) Don't free feed. By feeding twice a day, you position yourself as the leader.

31) Whatever the dog doesn't finish should be picked up and put away.

32) Only allow the dog on the bed if he is behaving well.

33) If your dog growls or refuses to get off the bed, do not allow him on it.

34) Secure a leash to the foot of the bed if your dog gets on in the middle of the night.

35) Get the dog his own bed.

36) Use social interactions as a way to control behavior. Pet and interact with your dog on your terms.

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37) Three to four times a week, check your dog's eyes, ears, teeth, and tail.

38) Try to get the dog to voluntarily roll over onto his back. Do not force it.

39) Spend time hugging your dog. A hug is not a natural thing for a dog. In the wild, the only time a dog will get anything close to a hug is when they are getting ready to mate or fight. Kids love to hug dogs. Teach your dog to like hugs.

40) Everything that we do with our dogs has an effect on their behavior. Training is motivating the dog to do something for you.

41) Whenever possible, ignore bad behaviors, i.e. jumping. Reinforce good behavior whenever possible, i.e. sitting.

42) Reinforce behavior by using treats. Ask the dog to sit and reward with a tasty treat.

43) When you reward a behavior with something the dog wants, the chance of the behavior occurring again improves.

44) Using the dog's toys is a great way to strengthen behaviors. Do not throw the ball until the dog performs a simple command like "sit".

45) Redirecting behavior is a great thing to do. If your dog starts chewing, redirect the chewing to an acceptable object.

46) Punishment should be used sparingly. All things positive should come from you. All things negative should come from the environment.

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47) Use a Gentle Leader™ to walk your dog.

PART IV – Health & Nutrition

48) A bad diet definitely affects behavior. Make sure you feed your dog a quality, premium food.

49) When choosing a food, read the label. Familiarize yourself with ingredients.

50) Choose a food that uses chicken or lamb meal as opposed to chicken or lamb by-products.

51) Foods are usually made with a corn or rice grain source. Corn can be difficult for some dogs to digest. Try a food with rice as the grain source.

52) Foods preserved with ethoxyquin, BHA, or BHT have been linked to cancer.

53) A food preserved naturally with Vitamin E or tocopherols is a better choice.

54) Garlic is a great herb to add to your dog's diet. It is a natural antibiotic.

55) Cod liver oil is also great to add to your dog's diet. It provides essential Omega fatty acids.

56) Supplement your dog's food with a vitamin and mineral mix.

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57) Take your dog to the Vet for regular checkups.

58) If you notice a dramatic change in your dog's behavior, make sure you have a thorough veterinary exam before hiring the services of a trainer or behaviorist.

59) Regular grooming is important. A good groomer will clean the ears, trim the nails, and look for any skin problems.

60) Some dogs need grooming more than others. For example, a Cocker Spaniel's hair can become thick and matted. This can put the dog in great discomfort and expose the skin to water and moisture.

61) Keep your dog free from fleas and other parasites.

62) Vacuum your carpets and dog beds on a regular basis. A flea infestation will occur when the fleas reproduce and their eggs hatch in these areas.

63) It is important to take your dog off the property regularly. Many dogs go stir crazy by staying in a fenced in area for too long. Other dogs become frustrated, territorial, and may become aggressive.

64) Practice food exchanges with your dog, especially if your dog is becoming a resource guarder.

65) Practice exchanging a tasty treat for their favorite tennis ball. Give them the ball back after they politely drop the ball and eat their treat.

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66) Socialize your dog. Dogs are social animals and need contact with humans and other dogs. See if your local obedience trainer offers a dog playgroup.

67) Take your dog to doggie daycare.

PART V – Behavior Problems

A survey of dog owners revealed that when asked what the biggest problems they experienced with their dogs were, they answered jumping, house training, coming when called, and chewing.

Jumping

68) Dogs, being social animals, will greet with enthusiasm. A good thing to do is ignore the dog when they jump. Fold your arms, look away and do not talk to the dog. Become a statue.

69) Reward the dog when all four paws are on the ground. Give a treat as soon as the dog relaxes and does not attempt to jump.

70) Do not back up when your dog jumps. Walk into the dog. Do a quick “cha cha” step into the dog, knocking them slightly off balance.

71) Make sure you have a NO JUMP policy. Do not invite the dog to jump on you, and do not allow friends and relatives to permit the dog to jump.

72) Teach young puppies to keep all four paws on the ground. Most jumping problems start when our dogs are small puppies.

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73) Put a leash on the dog when guests come over. Step on the leash as your guests come toward the dog. This forces the dog to stay on the ground.

HOUSE TRAINING

74) Crate the dog when you cannot physically be there with her.

75) Make sure the crate is just big enough for the dog to comfortably lie down. If it is too big, the dog will relieve herself in one area and lay down on the other side.

76) Make sure you catch your dog in the act of going. Do not punish after the fact.

77) Immediately bring the dog outside, and reward the dog quickly after they finish going.

78) Check the diet. Canned dog food may work like a laxative on some dogs.

79) Have a fecal and urine examine by a Vet. Rule out any parasites. All physical problems need to be ruled out first.

80) When cleaning up any accidents in the house, make sure the cleaning products do not have any ammonia. Ammonia smells like urine to a dog, making the dog go in the same spot.

81) Teach your dog to give you a signal. Put a bell on the door and teach your dog to hit it for a signal.

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82) Teach your dog by putting a little peanut butter on the bell. When your dog touches the bell, immediately bring her outside. She will quickly learn to hit the bell to go outside.

83) Use 50% white vinegar and 50% water to clean the scent. Another excellent product is Nature's Miracle, found in most pet stores.

COMING WHEN CALLED

84) Your dog needs to develop a sense of freedom. Without that, your dog will never come.

85) Developing a sense of freedom can be done by bringing your dog to a fenced in ballpark or tennis court.

86) Use a long line. Attach a 50 to 60 foot long line to his collar. If he does not respond to your "come" command, use the line to guide him back to you.

87) Every time you command, "come", make sure you reward your dog for coming. Use treats, praise, toys, etc.

88) Never call your dog and then punish him. If your dog comes to you and then gets scolded, chances are that he will remember that the next time you call him.

89) Make coming when called a game. The more exciting you make the command "come," the better the results.

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90) You can make it exciting for your dog by getting his attention and running away from him. Dogs love chase games.

91) A fun game to play is the spring loaded recall exercise. Have a friend hold your dog's collar. Get your dog excited and run away while your friend holds her. Face your dog and call "come," at which point your friend lets go of the collar. Reward when she gets to you.

CHEWING

92) Limit the number of toys you give your dog. It is difficult for him to discriminate between his toys and your belongings.

93) Put peanut butter on your dog's toys and bitter apple (found in most pet stores) on some of your belongings. Put the toys on the floor and let the dog learn to discriminate between his toys and your things.

94) Manage your dog's behavior in your absence. Use a crate when you cannot physically be there to watch your dog.

95) Try to catch your dog just as he is about to start chewing, not after he has chewed.

96) Play Tug-of-War with your dog. Many dogs with chewing problems are very oral. Let them use their jaws and teeth on chew toys.

97) Exercise is always a great thing to do with your dog. You need to relieve pent-up energy that your dog stores throughout the day.

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98) A great idea is to bring your dog to a doggie daycare, if possible.

99) Another alternative is to hire a pet sitter to come in during the day and take your dog for a walk.

100) Dogs have a physical and psychological need to chew. As a dog owner, you need to provide your dog with outlets so they can use their teeth and jaws.

101) Please spay or neuter your dog!

Thank You for Reading “101 Ways to Improve Your Dog’s Behavior.”

If you have any questions, or would like further assistance training your dog, please email

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or call 508-963-6489

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