

FIVE SIMPLE BOOSTS, HUGE RELATIONSHIP.

relationship **BOOST**

POSITIVE INTERACTIONS!

**+R, PLAY,
AFFECTION, FUN
SHARING!**

INVESTMENT!

**RELATIONSHIP
BANK
ACCOUNT!**

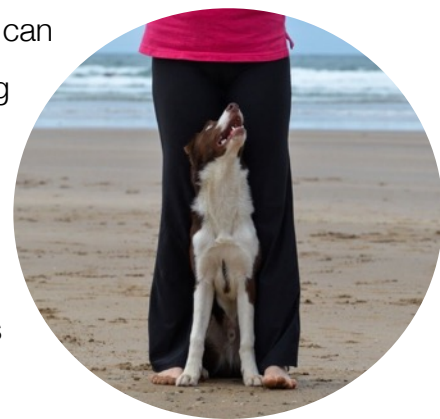
**CONFLICT,
FRUSTRATION,
INTIMINATION,
USING
AVERSIVES!**

WITHDRAWAL!

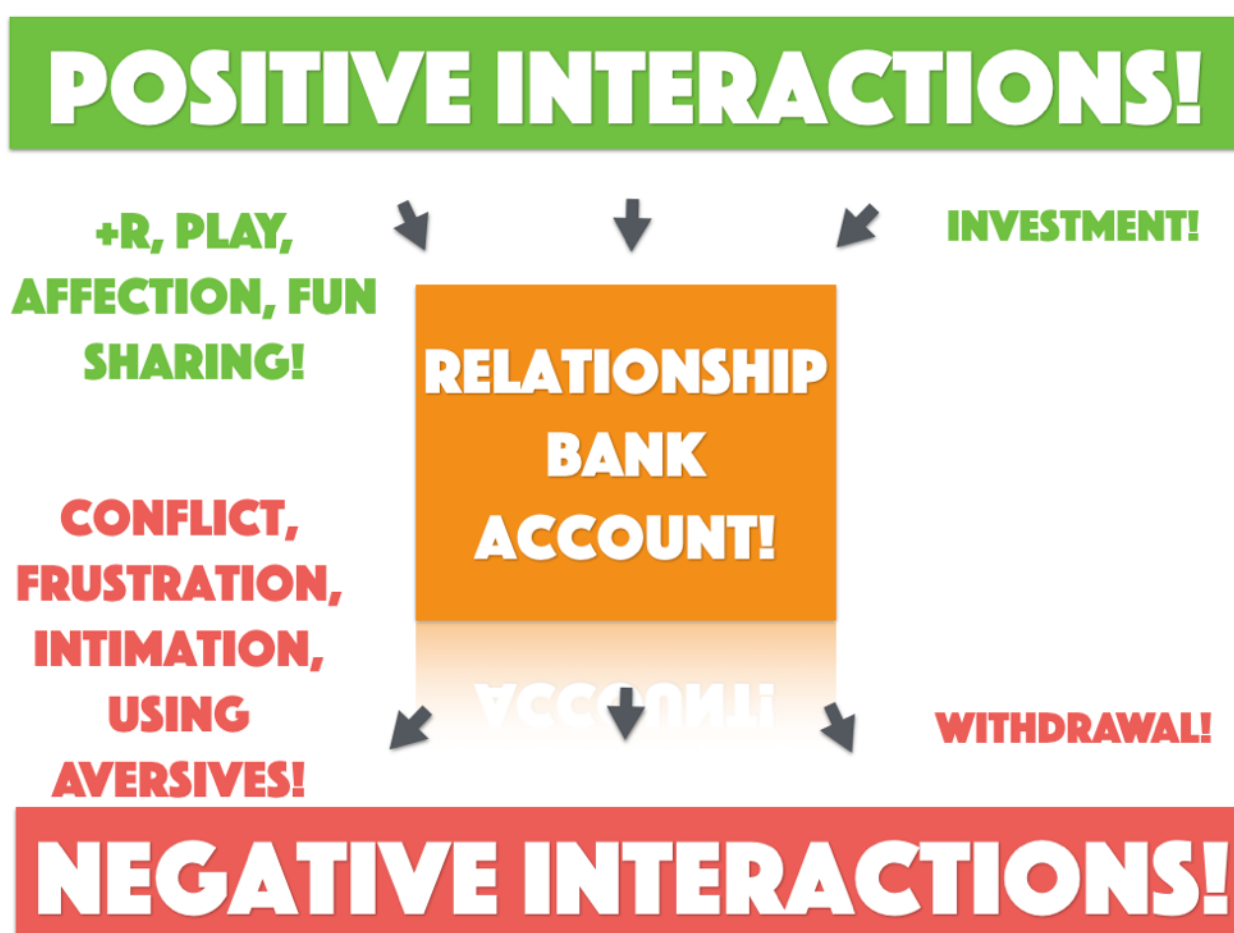
NEGATIVE INTERACTIONS!



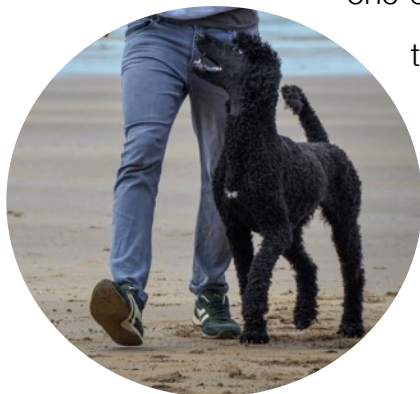
Relationship can be a powerful force in your dog training. In fact, it can mean the difference between dog training success and dog training frustration for everything from recall to advanced, sport-specific behaviours. The thing is, where your relationship is at the moment is not where it needs to stay. Whether you have a super relationship and dream of even higher heights or feel your relationship needs some developing, it is not only possible but super achievable.



The formula we use to develop relationship goes like this:



This means we can not only take full control of where our relationship is with each and every one of our dogs, but it means we can account and negate any withdrawals that might be inevitable (vet trips, ear medications, etc.) and create new investments.



What state is your relationship bank account in?

Take note, because we are going to share with you five simple **BOOSTS** that are going to supercharge your relationship bank account and make the whole process, most importantly, zero pressure and crazy fun!

BOOST 1: ATTITUDE!



AN ATTITUDE CHANGE!

WHAT DON'T I WANT? → **WHAT DO I WANT?**

WHAT DON'T I WANT?	WHAT DO I WANT?
e.g. My dog to pull on lead	e.g. My dog to offer me eye contact on lead and be close to me
e.g. My dog to countersurf	e.g. My dog to lie on a bed in the kitchen when I prepare food

TASK

Exercise: Write down 3 behaviours you don't like that your dog/s does/do.

For 2 of the behaviours you don't like, write down a behaviour you want instead.

LET'S REDUCE THE **NEGATIVE
INTERACTIONS BY TRAINING
ALTERNATE BEHAVIOURS IN PLACE OF
THEM!**

BOOST 2: FUN!

Key to relationship success is investing in positive interactions simply for the sake of building relationship - no other purpose required. A great example of this and easy investment are tricks (again, purpose irrelevant!). To get you started, here is one we love!

BEND



- 1) Present your hand to your dog and reward him (with a tasty treat or toy!) for touching your palm with his nose. You can do this by marking the moment he touches with a clicker or saying the word "Yes!" and following with a reward. Reward each time he performs the behaviour!**
- 2) Once your dog is doing this with each presentation of your palm, you can begin waiting longer and longer before giving the marker and the treat.
- 3) Then add movement to the palm and reward your dog for following a step, then two steps and so on.**
- 4) Begin presenting your palm in different positions (e.g. below your dogs head) and reward lots!
- 5) Find the position where your dog adopts a bow position by following your palm with his nose. This is usually directly below your dog's head and between his paws. To target your palm, they must rock back into the bow. When they do this, give them an extra special reward and give them a break with a game with their favourite toy!
- 6) Now repeat this over a number of sessions and days. Once your dog is guessing the position as you move your hand and is comfortable doing it, wait him out and see if he offers you the position. Reward him for any little motion in the right direction.**
- 7) When he is offering you the behaviour at every opportunity, you can add the verbal cue!! Say your word ("BEND!") just before you know he is going to do it and give him lots of rewards!!

This hand-following trick will form the basis for lots of relationship investments so worth developing!!

BOOST 3: FOCUS!

Building focus is a two way investment in relationship as:

1. It is an investment in itself to train and develop it;
2. It is incredibly rewarding for you to have a focussed dog and you enter an addictive cycle of ever increasing relationship!

We develop focus completely through relationship-based games and here is one to get you started - **the orientation game!**



How to play:

1. Start this game in a **very easy**, low distraction environment where your dog is used to playing with you!
2. Throw a piece of your dog's dinner out (about one meter away)
3. After they finish eating it, of course, they are going to look back at you for more. At that moment of them orienting back to you, mark the movement with a **"YES"** or a **CLICK** (if you use a clicker).

If they do not look back at you right away, just wait them out and mark the moment they do look back. You may have to start playing this game on lead first.

4. Follow the marker with the reward of throwing another piece of food out to continue the game.
5. Play this **everywhere, anywhere** and **as often as you can!**

BOOST 4: HANDLING!

Handling and physical contact can be a great investment in relationship with developed mindfully and with relationship and fun in mind! We develop a lot of handling skills by introducing **choice** into the situation, training the dog to actually offer targeting of different body parts to your hand for contact - this is **powerful!** A fundamental targeting exercise is the chin target!



- 1) We have a formula for teaching body part targeting. It involves value priming, place away & capture, adding a cue!
- 2) **Value priming: this is to ensure that your dog is not only comfortable with hand placement on chin but actually sees it as a predictor of something fun or tasty! We want to build this value, so that your dog will eventually seek your hand out with his/her chin!**
- 3) You do this by placing your hand under the chin, marking the moment, and rewarding. Use super tasty food or extra special toy and work slowly as this can feel strange to some dogs!
- 4) **It is at this point that you should also add duration into the targeting with rapid-fire rate of reinforcement. You can reward directly to the mouth, maintaining chin contact with hand!**
- 5) Do this until your dog shows super desire for resting his/her chin in your hand! Once your dog begins to press more firmly into your hand when you withhold the reward for a couple of seconds, move onto the next step.
TOP TIP!! Adding a release cue to this behaviour can be lots of fun! Use your usual release cue or say another one and then disconnect hand from your dog until they begin to predict the new release cue as the end of the behaviour and disengage themselves. Reward release each time!
- 6) **Place away & capture: this involves placing your hand slightly away from the chin and capturing the moment your dog seeks it out with his/her chin! The key is to build lots of value in the hand so that they seek it out and don't progress until your dog is showing that he/she understands the behaviour!**
- 7) Do this until your dog has a good understanding of the moment that he/she targets his/her chin to your hand as the desired behaviour.
- 8) **Now build distance by moving your hand further away! Work on building two steps, then three steps, then side to side motion!**
- 9) Add the cue when you have the final behaviour by saying your chosen cue ("chin") before you can guarantee your dog will work to target your hand with his/her chin. Simple!

TRAIN TARGETING OF ANY BODY PART FOR RELATIONSHIP

You can train your dog to target any body part (shoulder, hip, head, ears, you name it!), by following the steps of **value priming** and **place away and capture** that you used in this exercise - cool, right?

BOOST 5: RETRIEVE!

Retrieve is one of those skills that, once you have it, you just can't live without. It builds relationship on so many levels and creates that dog that is desperate to bounce back to you and engage in life **together**. We, you guessed it, train retrieve through a variety of games. You can check out one of our favourite retrieve games through the following link:

<https://game.absolute-dogs.com/fake-itlrt4rwbj>

FAKE IT 'TILL YOU MAKE IT! THIS IS ONE TO HAVE FUN WITH !

