

DOG TRAINING

BIBLE



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Chapter 1: 7 Popular Types Of Dog Training (+The Best One For You)



Training your dog's an important job.

It teaches your Fido new skills.

As well as good manners.

But since there are many methods to choose from...

You might wonder...

"Which one works best on my pooch?"

Well. Be at ease as I listed each of them for you.

Keep reading to find out:

- 7 must-know types of dog training.

- The pros and cons of each method.
- The training that best suits you and your dog.
- And so much more...

#1: Positive reinforcement

You can also call this '*reward-based*' training.

As its name implies, it uses prizes to encourage good behavior in dogs.

These can be:

- Toys.
- Treats.
- Praises.
- Affection (e.g., scratches, pats).

And what you'll offer depends on whichever works best for your Fido.

But 1 tip, if your dog's highly motivated by food...

Find a snack they love most. Or a treat they don't usually get outside training.

"How did this method begin?"

It started in the 1940s.

But experts say it wasn't that popular.^[1]

And you'll understand why later on. :)

However, in the 1980s...

People re-discovered '*operant conditioning*.'

"What is it?"

It's a type of training that uses the following to change a behavior:

- Rewards.
- Punishments.

And from there (minus the corrections)...

Trainers made this positive strategy.

"How does this work?"

People call dogs '*opportunists.*' (*Adorable ones!*)

They'll likely repeat a behavior if they get something from it.

Say a yummy snack or some belly scrubs.

Most dogs love treats.

So if you repeatedly offer one to your Fido once they obey your command...

They'll remember it. And connect the action to rewards.

Thus, your pooch will do it again for the treats.

Then as you go on...

It'll be an automatic response.

And your dog will do it even without rewards.

But you must be patient and consistent for this to be successful.

Pros

- Strengthens bond.
- Builds dogs' confidence.
- Makes training enjoyable.
- Doesn't use punishments.
- Doesn't trigger aggression.
- Prevents stress and anxiety.
- Offers long-term benefits in behavior.

Cons

- Needs a lot of time and patience.
- May reinforce bad behavior if the timing's wrong.



Note: Offer only small pieces of treats to your Fido. Avoid unhealthy brands and choose natural snacks (e.g., apple slices, boiled chicken strips). Also, keep each session 10-15 minutes short.

#2: Negative reinforcement

Instead of rewards...

This type of training uses punishments.

To stop a dog from doing an unwanted behavior...

People may do either of the following:

- Yelling.
- Hitting.
- Squirting water.

But these could also be things that dogs dislike.

Say, pinning them down.

As well as removing a toy or treat until they behave well.

Positive vs. negative

Based on a study...^[2]

Punished dogs were more stressed than Fidos who weren't.

They looked tense.

Plus, they panted a lot.

And it's a result of high '*cortisol*' levels. A.k.a. the '*stress hormone*.'

Pros

- Might work fast but only short-term.

Cons

- Damages bond.
- Increases stress.
- May result in injuries.
- Causes fear and confusion.
- Makes dogs more aggressive.
- Doesn't fix the root cause of the behavior.

#3: Dominance (alpha) theory

This training's based on the belief that dogs fight to be on top of the rank.

And if you want your Fido to obey you...

You must act like a pack leader.

As if you're showing them who's the boss.

So like #2, this also involves negative punishments.

Speaking of such...

Have you heard of the '*alpha roll*'?

You might have seen this if you saw a video about dominance training before.

It's a '*disciplining*' technique where you pin a dog down.

Then you hold them in that position until they settle or behave well.

Usually, a dog will roll over on their back willingly.

It could be submissive behavior.

Like showing a white flag - telling everyone they come in peace.

Other signs of submission in canines are:

- Peeing.
- Winking.

But besides this...

Rolling over could mean many things, such as:

- Trust.
- Invitation to play.
- Request for a belly rub.

So the action doesn't only mean submission.

Which is the main purpose of the alpha roll in dominance theory.

It believes that by doing so...

You'll make any dog surrender.

However, since alpha roll forces them to be in that position...

It'll only scare and stress them out.

Which will result in fear and even aggression.

Now, apart from the alpha roll...

Dominance theory also involves:

'I'm the pack leader' rules

Here, you must show your pooch that you're the boss.

For example, you'd always go out the door before your Fido.

Or, your dog can only eat once you're done with your meal.

"Is this type of training effective?"

This has been a famous method in the past.

But recent studies debunked it.

Hence why positive reinforcement only became popular years ago.

To help you understand this better...

Let's trace its roots.

How it started

The '*alpha theory*' came from a 1947 study on captive wolves.^[3]

It's the work of Rudolph Schenkel.

Based on his report, the wolves in the zoo often had fights.

Like they were trying to outrank each other.

Then at that time, these findings became the talk of the town.

And since wolves are dogs' ancestors...

Some trainers applied this theory to our furry pals.

But thanks to David Mech and his team...^[4]

They proved the alpha theory to be inaccurate.

Both on wolves and dogs.

In a natural setting...

They say that no animal's trying to dominate their pack members.

“So, what did Schenkel see?”

It was the tension between strange wolves.

They came from different packs.

Then put together in a zoo - an artificial habitat.

Thus, it stressed the wolves out. And caused them to act aggressively.

Pros

- Seems to curb unwanted behaviors fast.

Cons

- Outdated.
- Confuses dogs.
- Breaks trust and bond.
- Causes fear and stress.
- Worsens behavioral problems.
- May cause injuries and bite accidents.



Note: It's not wrong to act as your dog's leader. But instead of intimidating them, guide them with care. And they'll repay you with trust and love. :)

#4: Clicker training

Here's a type of positive reinforcement.

But in this method, you'll use a tool instead of verbal cues.

It's called a '*clicker*.' ([See this one](#)).

It has a big button in the middle. And it emits a clicking sound.

"How does this training work?"

To make your dog learn that it's your desired behavior...

You'll press the clicker to '*mark*' the action. And give them a piece of snack.

Then as you go on, you'll slowly reduce the treats.

Until the clicking sound itself becomes the reward.

Now, if you compare this to positive reinforcement...

It's like telling your Fido, "Good" or "Yes" when they did the right thing.

"Why's clicker training effective?"

Many trainers prefer using a clicker as it makes a uniform noise.

Unlike verbal commands, which you may pronounce a bit differently at times.

Then confuse your Fido.

Also, one study found that clicker's effective in dog training.^[5]

Especially in teaching new tricks and behaviors.

But before you try this on your pooch...

Keep these tips in mind:

- Press the clicker only once.
- Do it right after they do the desired behavior.
- Avoid using it outside training to prevent confusion.
- Hold it beside or behind you - not pointed at your dog.
- Rewards should always come after a click (in the early stages).

Pros

- Avoid confusion while training.
- Helpful for teaching agility and tricks.
- Clicker gives clearer signals than verbal cues.

Cons

- Mainly relies on the tool.
- Might be challenging at first.

#5: Shock collar training

Now, here's a kind of negative reinforcement.

To make a dog stop misbehaving...

Some also use an electric collar, a.k.a. E-collar.

"What does it do?"

If you press it, it'll send a shock to your dog's neck area.

It'll divert their attention.

And cause them to stop what they're doing.

It may seem a quick solution for most behavioral issues in dogs.

Say nonstop barking or lunging at strangers.

But since this method involves punishment, the real question is...

"Are shock collars humane and safe?"

Although you may have adjusted the collar's intensity...

You'd still risk your beloved Fido of burns.

And you must treat these wounds asap.

Or else they'll get worse.

However, besides the burns...

What's more concerning's the trauma it may cause to your dog.

Your Fido will associate the pain with the collar. As well as your presence.

So they could be fearful of you too.

In one research, the dogs trained with E-collars reacted similarly to their handlers.^[6]

Also, they showed more signs of stress than Fidos, who didn't receive shocks.

These behaviors are:

- Whining.
- Cowering.
- Lowering of the tail.
- Licking excessively.
- Flicking of the tongue.

Plus, a study shows that dogs don't benefit much from E-collar training.^[7]

This is when compared to positive reinforcement.

Instead, the former poses more risks to Fido's well-being.

Pros

- Might stop an unwanted behavior for a while.

Cons

- May cause injuries.
- Induces stress and fear.
- Disregards communication.
- Violates animal welfare laws.^[8]
- Increases risk of ailments (e.g., heart disease, cancer).



Note: With all the cons above, shock collars aren't worth taking the risk. Thus, to protect your dog and your bond, try other safer alternatives.

#6: Relationship-based training

If you use positive reinforcement...

You'd likely have a good relationship with your Fido.

And it's one of the reasons why dog training's important.

But in this method...

You'll focus on your bond along the way.

"Wait. What do you mean?"

While training, you'll make conscious efforts to keep your bond positive.

So it's not only a pure result of training.

"How's this done?"

It's similar to positive reinforcement.

It doesn't use punishments.

But aside from treats and praises...

Your dog will get your understanding as a reward. As well as your attention.

Also, you won't use any tools and methods here.

What matters most is how you teach your Fido while keeping them stress-free.

However, you must learn to read your dog's body language to do this.

This is to understand what they feel.

And the things they want to say during sessions.

But like other types of training...

This also has advantages and disadvantages:

Pros

- Can be used as a basis for any training.
- Urges you to understand your dog better.

Cons

- May not be for stubborn Fidos.
- Not suitable for training multiple dogs.

#7: Model-rival (M-R) method

This is the rarest type of training on the list.

Dr. Irene Pepperberg created this method.^[9]

And she first used it on African Grey Parrots.

While training them...

She found that the birds learned well by watching other parrots.

And a study on dogs also says the same.^[10]

In the research, experts trained 9 Fidos to bring a certain object.

They taught some dogs using the reward method.

Meanwhile, others used model-rival or M-R training.

And the results?

M-R training's as effective as reward-based.

Now, you might think...

"How does this work?"

A dog will watch another Fido do a task and get rewards.

And this works because based on research...^[11]

Dogs have '*social learning*' skills.

Puppies as young as 8 weeks old already have these.

Plus, a newly learned action can stay in their minds for 1 hour.

To test this...

The experts made the puppies watch humans and other dogs solve a task.

They found that instead of their mothers...

Most Fidos learned by observing an unfamiliar hound.

And this might be because dogs are wary of strangers.

So they paid more attention to them.

Pros

- Makes use of social skills.
- Helpful in teaching service dogs.
- Can be used to upgrade training.

Cons

- Needs to be studied more.
- Not for every dog and trick.

The best type of dog training for you and your dog

Positive reinforcement's the best type of training for you and your dog. It uses rewards to encourage good behavior. And it doesn't apply punishments that can stress a dog out.

With this method, you'll let your Fido know your desired behavior. (The action that always gets rewarded.)

Then since they earn something from it, they'll repeat it.

So, as a result, you'll also discourage your pooch from doing unwanted behaviors.

And you'll do this without causing them:

- Pain.
- Fear.
- Stress.
- Anxiety.

A study shows that negative training makes dogs even more:^[12]

- Anxious..
- Aggressive.

Experts observed these after the actions below:

- Alpha roll.
- Hitting/kicking.
- Growling back.

The dogs also acted the same way, even to a familiar person.

So doing the things above can ruin your bond.

And make them scared of your presence.

Plus, one research says that punished dogs aren't more obedient than rewarded Fidos.^[13]

Thus, harsh corrections don't answer a dog's behavioral issues.

What they need's gentle guidance and a clear sign.

Also, the more you make each training session positive...

The more your dog will look forward to it.

Then as you spend more fun time together, your bond will become stronger too.

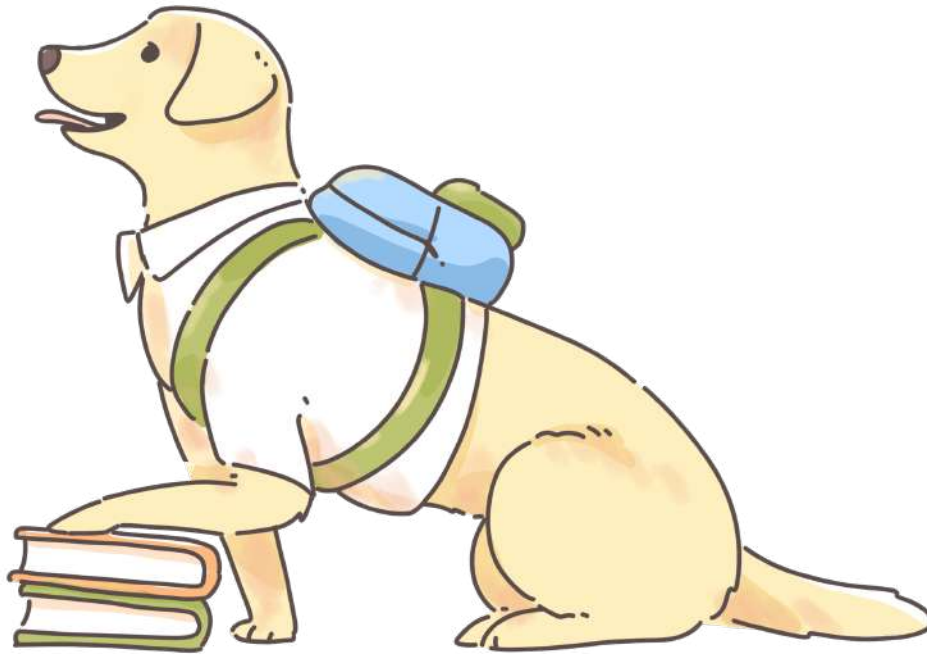
Thus, this is a win-win situation for both of you.

Your Fido learns new things.

And they get to have quality time with their beloved human.

Meanwhile, you'll have a dog who'll trust and obey you.

Chapter 2: 10 Reasons Why Dog Training Is Important



As a dog parent...

Training your Fido's one of your responsibilities.

You know that it's necessary.

But sometimes...

It can test your patience.

As it's easier said than done.

However, before giving up on the job...

Let me share with you reasons why you should keep trying.

Continue reading to discover:

- 10 epic reasons why you should train your dog.
- The right time to train and socialize your puppy.
- Things that can happen to dogs without training.
- And many more...

#1: It improves communication

First, training your dog makes you understand them better.

And vice versa.

How?

If you regularly teach your Fido commands, you'd be able to:

- Assess their abilities.
- Observe them closely.

Then after spending time with them...

You'd slowly pick up your dog's body signals.

For example, you'd know if your pooch has trouble learning a new trick.

And you can make the proper adjustments to match your dog's pace.

Not only this, but you could also predict your Fido's behavior and mood.

Which is vital both in your training and relationship.

You'll have an idea of how they would act outside.

And you'll also know how to control them in such situations.

"What about dogs?"

Canines learn through trial and error.

To know which behavior gets rewarded...

Dogs will try out many things.

Then they'll observe their humans' actions and faces.

Based on a study, a canine's brain has a part made only for analyzing the latter.^[14]

And another research proves this.^[15]

It says that dogs know if a person's happy or angry by looking at their face.

As well as listening to their voices.

So while training...

Your Fido will also learn your various:

- Speaking tones.
- Facial expressions.

Moreover, an average Fido can learn 100 words.

And by training your dog...

They'll understand your language even more.

Your pooch will remember cues.

Plus, the common expressions you use, like *"Oh!"* and *"Stop!"*

From observing your reactions...

Your dog will learn what those words mean.

Thus, you'll have a better way of communicating with them.

#2: It builds confidence

Whether in humans or dogs...

Trust in oneself is created, not innate.

And one of the best ways to build confidence in your Fido is by training them.

With every command that your dog learns...

They'll have a sense of fulfillment.

It's like the satisfaction you get when you finish a chore.

Or once you've passed a level in a game you're playing.

So as the training goes on...

Your pooch will gain courage and trust themselves more. As well as their environment.

Also, they'll realize that the world around them's safe as long as they obey the rules you set.



Fun fact: A study found that dog parents are more confident than those who don't have pets. This is due to the trust of their Fidos or the positive reaction they get from people when seen with dogs.^[16]

#3: It keeps stress at bay

Boredom's often the root of unwanted behaviors in dogs.

If they don't have something to do all day...

They'll find an outlet to release their energy.

Say chewing any objects they see or barking nonstop.

Then this will stress them out.

But since dogs need to use their minds and bodies while training...

It can keep them busy and content at the same time.

Which gives them no room for stress or anxiety.

As they're occupied with enriching tasks like learning commands.

However, to achieve this...

You need to train your dog positively

This means rewarding your Fido when they behave well.

For example, shower them with praise or treats.

And avoid harsh methods if they don't follow.

Based on research, punished dogs have higher '*cortisol*' levels than rewarded Fidos.^{[17][18]}

"What's cortisol?"

It's a hormone that the body releases when stressed.

It gives you more energy. Which can help you handle pressure.

But the downside is...

It can make your heart beat fast.

And too much of it may cause your dog to get overly excited.

So the study also found that punished Fidos panted a lot during training.

#4: It reinforces good behavior

Training your dog's also important to teach them good manners.

It's one of its primary purposes.

But like number #3...

This is only effective with rewards.

Let's say you offer a treat or praise your Fido after they did a behavior you want.

Chances are, they'll likely do it again as it gets rewarded.

Keep in mind that dogs remember things.

An expert even believes their mental abilities are similar to a 2-year-old kid.^[19]



Note: Punishing your dog will only make them scared of everything. So if you'd like to teach your dog, find a trainer who uses positive methods. Or you can also watch tutorial videos at home.

#5: It enhances self-control

Same with confidence...

Dogs also don't have this trait when born.

They tend to act rashly. And will follow their instincts to get what they need.

For example, they'll rush out the door to meet their Fido pals.

Or steal food off the counter because they're hungry.

And they won't know that what they did was unacceptable.

For them, it's normal. As they only did those actions for survival.

Plus, there were no rules set yet.

But if you train your dog...

They'll learn to be patient and control themselves.

Say if you teach them how to *"wait"* and *"stay."*



Note: One study shows that training prevents a dog from being out of control. The said issue's often why many dogs are in shelters - especially Chihuahuas.^[20]

#6: It helps calm them down

If your dog knows the behavior you want and has self-control...

They'll also learn to settle down.

And they'll do this on their own or by command.

When trained properly...

It's possible to tell your Fido to sit or lie down when they become too hyper.

This is because they know that being calm brings treats or affection.

#7: It teaches new skills

Just like in humans...

Learning never ends in dogs.

Studies show that even senior Fidos can remember new tricks.^[21]

So regardless of age...

Dogs enjoy learning new things.

It gives them a different kind of pleasure.

Just like the feeling you get after reading a book or solving a puzzle.

Through training, your dog will learn commands.

From easy to advanced ones. Say the basic "*sit*" to a harder cue like "*spin*."

But besides tricks...

Dogs, especially working breeds, may also learn a job.

Before becoming house pets...

Some of our furry friends once retrieved small animals while hunting.

Meanwhile, others know how to sniff bombs. As well as illness.

So, find what your pooch does best.

Then train them further.

Plus, Fidos will also understand some of your words.

Which catches their interest. And adds to their vocabulary to communicate better with you.



Note: Most dogs can't focus for long periods. So if you're teaching them a new trick, keep each session 15 minutes long at most. Also, be consistent and train them one command at a time.

#8: It allows them to socialize with others properly

Lack of training causes excitable behaviors in dogs.

If they see a visitor or another Fido...

They'll be anxious.

Plus, they may lunge and bark at them too.

And teaching your dog how to sit or stay in a corner can help reduce such behaviors.

But aside from verbal commands...

You can also enroll your Fido in a doggy daycare to learn how to act around others.

May it be a stranger or other canines.

Due to the frequent lessons...

They'll get used to being in the same area with other dogs.

Plus, they'll pick up good manners from their trainers. As well as other canines.

“How is this possible?”

Your Fido will learn that some dogs dislike certain actions.

Say sniffing them when they're not in the mood. As well as sharing food.



Note: Vets say that you must socialize puppies at 7 weeks. Do this to prevent them from being fearful.^[22]

But ensure you get them dewormed first. Also, your pup should have been vaccinated once.

At 6-8 weeks, experts say they must receive one for:^[23]

- Distemper.
- Parvovirus.
- Bordetella.

This is to prevent the spreading of diseases.

#9: It ensures everyone's safety

Since training teaches self-control...

You can manage your Fido better.

And this helps you protect them. As well as yourself and everyone around your dog.

"But how?"

Think about this.

Teaching your dog to wait before going out the door keeps them safe from hazards outside.

They may chase cars or prey. Then get hit by a vehicle if not alert.

Also, while walking, you'll have a less reactive Fido.

A trained dog won't lunge at anyone they see on the streets.

So this ensures the safety of your dog, strangers, and other hounds.

Plus, your Fido will listen well to your commands.

Thus, you won't get dragged by an uncontrollable pooch.

In short, dog training's a win-win situation for all.

#10: It improves the human-dog bond

Lastly, training your Fido allows you to spend more time with them.

And as you interact with each other...

Did you know that you both release '*oxytocin*'?

Research says so.^[24]

People also call it the '*love hormone*.'

It helps strengthen bonds and makes you feel all fuzzy on the inside.

It's like having butterflies in the tummy when you exchange gazes with someone you love.

Plus, you're your dog's favorite person.

So your Fido will enjoy every second with you.

Not only this...

But if you remember #1, training also improves communication.

And it's one of the vital keys in a relationship.

If you understand your dog, you'll know their likes and dislikes.

Your Fido will also know your desired behaviors.

So you both know how to interact with each other to keep a positive bond.

And you'll know you can depend on your pooch.

Well. They aren't called a '*man's best friend*' for nothing. :)

Chapter 3: 27 Common Dog Training Mistakes + Fixes



You can't help but worry when training your pooch.

As you know, 1 error can lead to another.

Good thing I can help you with avoiding some crucial training mistakes.

Keep reading to find out:

- 27 typical dog training mistakes and how to fix them.
- When to get help from professionals regarding canine training.
- Interesting facts about dog training and its most important aspects.
- And many more...

#1: Holding back training

Some dog parents wait too long to start their pup's training.

They hold back until they think their pooch is old or mature enough.

But starting dog training late is the first mistake fur parents make.

How to fix it:

According to PetMD, training should begin when you bring Fido home.^[25]

Typically, that's about 8 weeks of your pup's age.

And it's better to start by then for the best results.

But if they're older than that already...

The quickest way to turn this around is by starting as soon as possible.

If your pup's training hasn't begun...

Act the moment you read this section.

#2: Insufficient training sessions

Most canines only attend classes once a week.

And for them, that's the only time they get training.

Because their cues and commands don't get reinforced at home.


Now, if you approach Fido's education this way...

They're likely to forget what they learned from their weekly sessions.

Which will prolong the need for such ineffective classes.

How to fix it:

First of all, it's not wrong to enroll your pup in any training sessions.

 **Trivia:** A study says puppies signed up for classes were more obedient and happier. Plus, they also get socialized with other dogs and people.^[26]

So, enroll your pup in a weekly training class.

But don't forget to recall their training at home.

And in my experience, even a daily 5-minute refresher of it works.

#3: Irregular training schedule

AKC says dogs thrive in routine and structure.^[27]

Because it benefits them by knowing what to expect in their day.

So it's a mistake when your canine's training schedule is unpredictable.

For example:

You do obedience training with them every other day.

Where one session happens in the morning...

Then the next occurs in the afternoon.

That setup confuses your pooch...

Which can negatively affect their training performance.

How to fix it:

If your pooch can predict what time of day their drills are...

It'll lessen their anxiety and improve their performance.

So pick the same time slot available for you to train them each day...

And stick to it.

#4: Inconsistent cues and signals

Consistency is an essential aspect of dog training.

And not just when it comes to scheduling...

But with your signals and commands as well.

Say you use the word "*Come!*"

But the next time you want Fido to go to you, you say, "*C'mon!*"

Then, sometimes, you also tell them, "*Come 'ere!*"

Well, if you do it like that...

Your pup would have trouble understanding what you want.

Which will delay their training progress.

How to fix it:

To repair the damage of this mistake, you have to go back to zero.

This time, be consistent with your prompts.

Do so by sticking to just 1 word or phrase.

And the best approach for this is:

To apply the first cue you used when you introduced the command.

If you started by saying, “*Sit!*”

That’s what you’re going to employ until Fido learns it.

#5: Conflicting the pack’s training

Some parents with multiple dogs overlook this error in dog training.

Which is being inconsistent with cues, rewards, and permissions.

Say, for Fido, the prompt to sit down is “*Sit!*”

Then, for Lass, you use “*Siddown!*”

Well, that can confuse both dogs.

Another example is when you scolded Fido for being on the couch...

But moments after, you’re cuddling Lass in it.

With that, Fido and Lass won’t learn the exact behavior you want from them.

How to fix it:

Make this a rule in your household:

What applies to one dog should also be implemented in other canines.



Note: This household law includes pups visiting your fur babies at home.

So if the couch is off-limits...

Then, no dog should be on it.

✓ **Reminder:** You can train different dogs by employing various approaches. But as much as possible, use similar cues and signals.

#6: Overly long training sessions

According to research:^[28]

Dogs have an average attention span of 1 minute.

And the issue with most dog training sessions is:

They take up 30 minutes at a time.

Some even span up to an hour.

But that approach is only convenient for humans.

Since no one would really spend money for 1-minute training sessions every day.

However, given the short attention spans of canines...

They might get distracted halfway through a 30-minute class.

Which will slow down their progress.

How to fix it:

While you can't change the duration of a professional training session...

You can switch up the ones you have at home to make them more effective.

If your sessions usually take 30 minutes...

Split that by half, and make it into 15-minute drills twice daily.

Or better yet...

Break it into 4 daily classes to reduce their durations to 7.5 minutes.

I guarantee they'll be more effective than the longer ones Fido has to endure.

#7: Thinking all dogs are the same

You might've heard of an approach that worked for your friend's fur baby...

But once you tried applying it to your pup's training...

You didn't get the same positive results.

Or you did, but it took you longer than they advertised.

When things like that happen, I remind fur parents that:

No dog is the same.

How to fix it:

You're free to try any training approach you're willing to test.

But remember these:

First, training isn't easy for both the parent and the dog.

More importantly, one wrong system doesn't mean your pup won't learn...

That's why I suggest researching multiple methods...

Then, find out what works best for Fido.

And while you haven't discovered it yet...

Manage your expectations when training your pooch.

#8: Getting ahead of yourself

Starting with the basics helps build the foundation of your dog's knowledge,

But some parents skip it and rush to the advanced behaviors and skills.

If that's how you approach dog training...

You're going to take longer compared to if you begin with the basics.

How to fix it:

It'll depend on the result you want to get:

For example, you want Fido to learn the *"play dead"* trick...

But if they have a problem jumping on you or other people...

Your goal will be miles away from your reach.

So, start by taking care of their jumping issue first.

And once you can settle your pup on the ground...

Then, you can easily train them to do the play dead trick.

#9: Expecting results too soon

There'll be times when your pup won't immediately deliver results.

Which may frustrate you.

But based on a study:^[29]

Your dog can detect your emotions through your:

- Tone.
- Facial expressions.

So when they sense you're disappointed at them during training...

That can only stress them and make them anxious.

Plus, it also affects their attitude toward the specific behavior or activity.

If you show this attitude to them, they might start to dread the sessions.

All of which can delay the results you're waiting for.

How to fix it:

As Dr. Coren, a renowned canine psychologist, revealed:^[30]

Canines are as smart as a child at 2 to 2.5 years old.

So when you're training your pup...

Teach them the same way you would a kid.

And typically, a dog needs 6 weeks to learn basic cues and commands.
If it hasn't been that long since you started...

Don't be impatient and take it against Fido.

#10: Incorrect timing with reward

Imagine this scenario:

You tell Fido to sit down, and they do...

But it took you a while to give them their reward.

So you hand them the treat when they're already up and jumping at you.

Unfortunately, your incorrect timing encouraged the wrong behavior.


In that scenario, your pooch thinks jumping at you is desirable.

How to fix it:

This takes practice on your part too.

The moment you say the command and Fido does the trick...

That's when you must hand them the reward.

 **Tip:** My technique is to praise the pup while they're in the act.

#11: Disordered treat delivery

Picture this:

You ask your canine to lie down.

And they did it on your right.

But you had the treat on your left hand...

So Fido stood up to get it.

What behavior do you think you reinforced?

Unfortunately, you encouraged them to get the treat from your hand.

And that's how you can misplace the treat delivery...

Thus resulting in a corrupted command.

How to fix it:

You must hand your pup their reward on the same side they did the behavior.

Don't make them get up and walk toward you.

Instead, aim below or behind their mouth a little.

#12: Repeating cues

Your pup didn't sit the first time you asked them to...

So you repeated the cue...

And they only did it the third time you said, "*Sit!*"

With that, they'll start to think it's okay not to follow you the first time.

Or that the official command is "*Sit, sit, sit!*"

How to fix it:

Never repeat a cue.

Doing this is also known as *command nagging*.

If you see your canine is distracted and they're not listening...

Hold it for a while.

You only say the command when you're sure you got their attention.

Doing so avoids the misunderstanding between you and Fido.

#13: Bribing instead of rewarding

In dog training, bribery is when you show your pooch you have a prize in hand...

And they can get it in exchange for them following your cue.

So, they do it, and you give the treat to them.

Now, that seems harmless at first...

But when you always bribe Fido...

They'll only perform the skill when there's a prize on sight.

Which is dangerous...

Because, in the long run, you need to gradually decrease the frequency of treats.

How to fix it:

You can begin training by showing Fido what they can earn.

That way, they'd know you'll reward them for being a good pooch.

And when they start to perform well...

Begin to not always put the prizes on view.

Don't worry. Letting them guess if they're getting the reward is still motivating.

By doing this, you can successfully remove Fido's dependence on treats.

#14: Only relying on treats

At the start of training, goodies are fundamental as rewards.

But overreliance on them influences the transition to gradually using fewer treats.

Because your pup will develop a dependence on the prize.

That limits the effectiveness of training.

How to fix it:

Apart from treats, here are other positive rewards:

- Petting them.
- Saying praises.

Try to switch between those.

From time to time, you can also award them with a new toy.

#15: Using aversive training methods

This is also called *negative reinforcement*.

And examples of such are using choke, prong, or shock collars.

As well as applying force, like hitting your pooch, to make them follow you.

Although the application of those methods can be effective at times...

I still consider it a training mistake.

Since they harm your dog's mental health and well-being.

A research discovered:^[31]

Dogs trained using aversive methods showed more stress-related behaviors. Some of which are:

- Yawning.
- Lip-licking.
- Being tense.

Moreover, the canines showed pessimism toward activities.

That means their confidence is scarred.

Making them more prone to stress and anxiety during training.

How to fix it:

Vets and trainers advocate using *positive reinforcement* in dog training.

It's an effective method that won't harm Fido's mental health.

The Humane Society describes it as:^[32]

A training method that applies positive rewards for behavior reinforcement.

That includes praising your pooch and handing them treats.

#16: Yelling at your dog

Vocalizing your frustration while training your pooch is also aversive.

And according to VCA Hospitals:^[33]

Canines know how to sense and respond to different intonations and volumes.

So they might not understand the words you're saying...

But your pup can still tell if you're:

- Firm.
- Cheerful.
- Disappointed.
- Warning them.
- Being reassuring.

So if they hear your mad tone during training...

That can stress them and make them anxious.

Which lessens Fido's confidence...

Thus leading to more frustrations on your end.

How to fix it:

After you yelled at your dog...

Position yourself at a safe distance from them.

Then, kneel at their side to be on their level.

Doing this makes you appear less intimidating.

After that, talk to your dog in a soothing voice.

Based on research, canines listen better when humans talk to them that way.^[34]

Not only should you do that to make amends with Fido...

You must apply it to their training sessions to get better results.

#17: Continuing training while you're frustrated

Yelling isn't the only way to spill your frustration during dog training.

As you learned, canines can also detect your emotions through your expressions.

So even if you conceal your anger under your neutral voice...

Fido can still tell if you're mad by looking at your face.

When they do, it'll make them anxious...

Which can make training more challenging for you and your canine.

How to fix it:

Ensure that your emotions align with what's going on.

You can get excited when your pooch successfully does the trick.

And you're allowed to act disappointed when they don't.

But don't overdo the latter when it happens.

So avoid getting carried away by your frustration.

If you find that hard to do...

You can take a short break from training.



Note: A 5-minute recess won't hurt your pup's training. But use it wisely. You can have them play a short game after they successfully do the trick as a reward.

#18: Neglecting fear and anxiety signals

It's dangerous if you ignore fearful signs.

Because your dog can develop anxiety during training.

Then, the more you leave them feeling that way...

The more likely they'll associate that negative emotion during sessions.

Moreover, ASPCA warns:^[35]

Fear can turn into aggression.

Which can drive your canine to bite you.

How to fix it:

According to PetMD, these are the signs of fear in dogs to watch out for:^[36]

- Circling.
- Escaping.
- Tail-tucking.
- Trying to hide.
- Panting (without exhaustion).

And when you catch these signals...

You must take a break from training to distract your fur baby.

Take a recess and play a 5-minute game of fetch with them.

However, I advocate avoiding the training method that scared Fido.

Instead, use positive training approaches.

So you won't have to put your pooch through unnecessary stress and danger.

#19: Unintentionally rewarding negative behavior

Dog parents often make the error of reinforcing undesirable actions.

And most of the time, it's unintentional.

Say you want your pooch to stop barking at you to demand something.

And every time they do it...

You immediately tell them to stop.

That might've done the trick for you...

But here's what happened on your pup's side:

They're barking at you because they want your attention.

And when you reacted, you just gave them what they wanted.

How to fix it:

Stop reacting to your pup's actions that you don't want to see again.
When they're showing you undesirable behavior...

The best thing to do is to ignore them.

It might be annoying to endure something you don't want...

But your pooch will stop in no time.

And once they do...

You can finally reward them through praise or treats.

This teaches Fido they can't get what they want by misbehaving.

#20: Not being proactive

Another way of unintentionally encouraging undesirable behaviors is by:

Giving your pup a chance to do them.

Such as when you want to train Fido to stop chewing your shoes.

But since your pooch has easy access to them.

It's going to be difficult for you to curb the behavior...

How to fix it:

As the dog parent, you're in control and responsible for your pup's environment.

And your fur baby's surroundings are an important factor in their training.

So, be proactive and change what you can.

For instance:

You're bothered by how your dog gets too excited when you get home...

Then, I suggest putting a dog gate at one point of the house.

In the meantime, work on reducing and eliminating unwanted behavior.

For example, let's say your dog jumps on you. Then you immediately turn your back to them. And close the door behind you.

This will teach your dog that what they're doing is driving you away.

You might have to repeat this action a few times, so they get the idea. In time, their undesired behavior will stop.

#21: Using their name in a negative context

Yelling is already bad for your dog's training...

But if you shout their name, especially in a negative manner...

That can make the damage worse.

Because your pup will start to get anxious every time someone calls them.

How to fix it:

Don't allow them to associate their name with anything negative.

So, don't yell it out when they're disappointing you during training.

And if you're teaching them *not to do* something...

Use simple cues like "*no*" or "*stop*" instead. Don't forget to say these in a firm but calm tone.

#22: Poisoning their training

It baffles fur parents when they successfully teach Fido a command...

Then, it gets less effective as days go by.

That can happen to you, too, if you *poison* your dog's training.

Here's an example:

You need to summon your pooch for a bath...

Which they usually hate.

Now, you used the cue, *"Fido, come!"*

But the next time they hear that command...

They're going to hesitate to trust you...

Since they think you'll put them through something they despise.

How to fix it:

Assign a command for a specific activity or action.

With that, avoid using a general cue for multiple tasks.

If they need a bath, use an appropriate prompt rather than *"Come!"*

You can go for something like, *"Fido, bath-bath!"*

#23: Failing to generalize a skill

"Why can't they do it when somebody else is around?"

That's something you might've asked yourself due to this mistake.

See, if your pooch learned a skill at home...

There's a chance they might not show it when other people are watching.

Or when you're in a different place.

Why?

Because you didn't train them to perform it with distractions around.

How to fix it:

For a behavior to work in different settings...

You must generalize it. Here's how to do so:

Step 1: Train with no distractions

You're still building the foundation of your dog's training...

So start inside your home with no disturbances.

Step 2: Introduce distractions while still inside

Now that Fido has learned the skill...

Time to incorporate some distractions while in the initial training area.

Ask someone to watch during the drill.

Or open a window or door that shows people passing by.

Step 3: Take it outside

It's time to practice outside.

But ensure it's still a controlled environment.

Like in your yard where the distractions are visible and audible...

But Fido can't pursue them because the area is fenced.

#24: Rewarding them with something they don't like

A study discovered your dog has food preferences.^[37]

Which are influenced by their genes and upbringing.

And when you apply this fact in training...

It shows that the treats you use as rewards can affect your pup's performance.

So if you used the wrong ones that Fido doesn't like...

They won't work for your reward. Thus, influencing their interest in training.

How to fix it:

Prepare different kinds of treats for your canine.

Then, see and use which type they respond to best.

#25: Leaving food within reach

The simple logic is:

How would you convince your pooch to work for treats...

If they can easily steal food off the counter or table?

How to fix it:

Properly storing dog food is part of puppy-proofing your home.

So ensure that you stock Fido's kibbles in containers they can't reach or open.

Then, guarantee you won't leave around food on surfaces they can quickly get to.

#26: Lacking confidence during training

Dogs look up to humans.

So it's a mistake if you train them without confidence.

If you don't trust yourself while teaching your pooch...

They'll take control of the situation...

Making it harder for you to establish your authority as a parent or trainer.

How to fix it:



Disclaimer: This has nothing to do with the alpha or dominance theory.

Instead, it's about controlling and commanding the training environment.

It's how you react to distractions around you.

Since your pup will follow your lead.

Confidence is also letting them understand what *you* want.

And you can show it by being consistent with cues and schedules...

More importantly, you also build your canine's self-esteem.

Which is crucial in their training performance.

#27: Not knowing when to get help

You're not alone in your dog training struggle.

And that's a fact that some fur parents set aside.

Although rest assured, you can work around and learn from your mistakes...

There'll come the point where you need help with the process.

And you must know when to acknowledge it.

How to fix it:

Help could come from a professional dog trainer.

Here are situations where you might need to reach out to them:

- Feeling burned out.
- Having tried most or all the approaches (from your research).

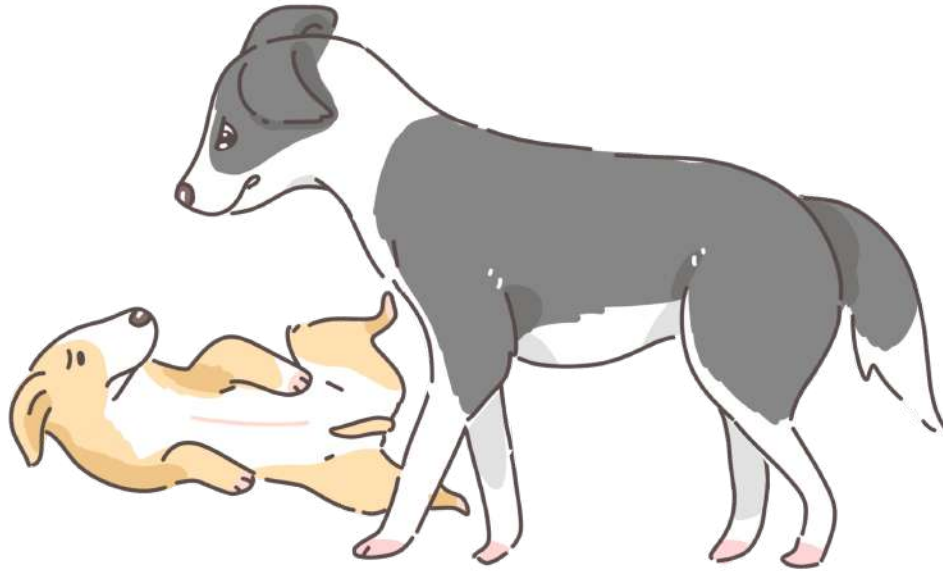
Not just that, because a vet can help you as well.

The reason Fido is disobedient can be due to anxiety.

Or an underlying medical illness affects their functions and interest.

And those are better handled under the doctor's advice and instructions.

Chapter 4: Dominance (Alpha) Theory Debunked: 9 Reasons To Avoid It



They say a dog misbehaves because they want to be an ‘alpha.’

Or someone in the highest rank.

But trust me (and many experts) on this.

Your Fido doesn’t have an evil plan to take over your world.

And I’ll tell you all the reasons why.

Continue reading to discover:

- The truth behind the dominance (alpha) theory.
- What’s an ‘alpha roll’ and its effects on canines.
- 9 shocking reasons why you should avoid dominance dog training.
- And many more...

#1: There's no '*alpha wolf*' in the wild

Let's talk about the root of the dominance theory first.

So, the idea mainly came from a 1947 book.^[38]

It's called "*Expressions Studies on Wolves.*"

And Rudolph Schenkel, a behaviorist, wrote it.

He observed wolves in zoos. Especially how they interacted with each other.

Schenkel found that the animals often had fights.

And most of the wolves were aggressive.

So these findings led him to create a theory.

He believed that wolves in a pack usually fight for position.

And the ultimate winner will be the '*alpha.*'

Hence, the birth of the '*dominance theory.*'

Or the idea that animals fight to be in control of the group.

So some people use it to justify their dog's bad behavior.

As if the pooch misbehaves to outrank their human.

When Fido actually lacks training or is stressed.

But luckily, today's researchers debunked it.

"What's wrong with his theory?"

The wolves in Schenkel's study came from different packs.

So they're basically strangers.

Then they were forced to live together.

As a result, the wolves were under great stress. Which made them act aggressively.

Thus, what Schenkel observed isn't a natural behavior.

Also, it means the dominance theory isn't accurate, either.

David Mech, a wolf behavior expert, further proves this.

But before he did, he once made a [book](#) in 1970.

It's entitled *"The Wolf: The Ecology and Behavior of an Endangered Species."*

And Mech admitted using the word '*alpha*' there too. As it's all that people knew at that time.

However, he learned more about wolves in the past years.

Which then changed his mind - and the world.

Mech's theory

In 1986, he started observing wolves in Canada.

But unlike in Schenkel's study...

The animals were living freely in the wild in their packs.

Mech spent his 13 summers watching wolves.

And in the end, he had different findings from Schenkel:

- The wolves didn't fight to be the alpha.
- No one ousted an inferior wolf from their place.
- The wolf leader rarely pins other pack members.

Also, based on Mech...

A pack of wolves is a family

He says the members usually get along well.

So there's no competition. Which is opposite from the old belief.

Upon mating, the father and mother wolves become the pack's leaders.

Soon, they'll live with their offspring. Which is usually for 1-3 years.

Then once the pups mature...

They'll create their separate packs.

This is why instead of '*alpha*'...

Mech and other scientists prefer:

- Breeding male (father).
- Breeding female (mother).

As these terms are more accurate for the wolves' roles in the pack.

#2: Wolves and dogs are different

You may already know that Fidos came from grey wolves.

Experts say they birthed the first species of domestic dogs. And they lived until the last Ice Age.^[39]

So this is why people used the dominance theory on hounds.

But let's say the idea's true. (*Although it's not*).

Still, the findings were only for wolves. And not for our furry friends.

Dogs separated from wolves at least 36,900 years ago.

Thus, they're 2 different species. Like apples and oranges.

So, you must avoid using dominance training on your Fido.

But since only some people are aware of this fact...

They trained their Fidos like they were wild wolves.

And one of the most famous promoters of this is Cesar Millan.

Thus, he receives criticism for it.

#3: Dogs aren't taking over their humans

Your furry pal has no idea of dominance.

They don't intend to replace you as the leader at home.

If your pooch pulls their leash, they only want to meet other dogs or people.

Thus, they're not trying to control you.

Also, a Fido jumping on you isn't an alpha move...

It means they want to see you closer and greet you *"Hello!"*

Now, you might wonder,

"If dogs aren't trying to dominate humans..."

"Do they act alpha on other Fidos?"

Not exactly. But a study says canines are often competitive regarding food.^[40]

And they're even more aggressive than wolves.

Hunters versus scavengers

Compared to their wild ancestors...

Dogs evolved to be scavengers.

They'll beg for table scraps and rely on human food waste.

Also, unlike wolves who hunt in groups...

Fidos search for food alone.

Hence, our furry friends don't tend to cooperate with others. Compared to wolves, who usually share a carcass.

But it's not an alpha behavior.

Dogs only compete for food to survive.

Also, think about this.

Adopting your dog makes them free of scavenging.

Your Fido will have all the resources they need at home.

Plus, they get cuddles and attention too.

So if you're that generous and caring...

Why would a Fido try to exert their dominance on you?

Instead, they'll be more than happy to follow you. And they'll also return the love. :)



Note: Dogs can be aggressive toward familiar people due to fear or stress. And also if you reinforce the behavior by accident. Say teasing your Fido to bite or giving them attention after misbehaving.

#4: Dogs aren't pack animals

The alpha theory says a dog's trying to be the pack leader, right?

However, they're social animals.

"What do you mean?"

Dogs don't live in groups like wolves.

So your furry pal doesn't understand rankings.

Contrary to what the theory says.

This is why dominance training's outdated. And you must avoid using it on your Fido.

#5: Alpha roll's risky and backfires

This is a popular way to train dogs using dominance theory.

You do it by pinning your Fido on their back when they misbehave.

Sometimes, parents or trainers hold their dogs by the throat too.

Then they'll be in that position until the canine settles down.

But I'm warning you.

Alpha roll's dangerous for both you and your Fido.

So it's best to avoid this at all costs.

"Where did this technique come from?"

It first started with the Monks of New Skete in 1978.

They published a book named *"How To Be Your Dog's Best Friend."*

But contrary to the title...

The book promotes the use of a dominance technique.

The monks developed it due to the old study on wolves.

Wherein the wild animals in a small space often pinned each other down.
And it's seen as a dominant behavior.

However, the monks misinterpreted it.

Plus, doing it on a dog's highly unsafe.

Why is alpha roll dangerous?

There are only 2 possible outcomes for it.

One, your dog may tolerate you pinning them down.

But they'll be afraid of you from then on.

Two, your pooch will panic and defend themselves.

So doing this may only lead to aggression.

Based on a report, a K9 dog's trainer used alpha rolls on the dog.

And instead of calming down...

The K9 still tried to fight the trainer after being pinned down.

Then, the day after the incident...

The German Shepherd bit a worker. And the dog also attacked the trainer again.

Thus, alpha rolls aren't effective.

Rolling on their backs is indeed a submissive behavior.

But dogs and wolves do it voluntarily.

So if you force your pooch to do it...

They'll think they're being cornered.

And if they can't escape, they have no choice but to bite you.

Then you'll also stress your dog out. And it may be traumatic for them as well.

#6: It'll result in more behavioral problems

Being dominant usually means you have to use harsh methods.

But these only cause anxiety in dogs.

One research points this out.^[41]

It says that fear protects animals from danger.

But too much of it results in behavioral issues. Say aggression.

And a study shows that fear's the common reason why dogs act fiercely.^[42]

Also, dominance methods won't fix the root of the problem

You can make your Fido stop lunging if you hit them.

But you didn't find out why they're doing it in the first place.

For all you know, your dog could be scared or stressed.

So ignoring their signs...

Plus being harsh on them will only lead to more issues.

#7: You may hurt your Fido

Acting dominant to your dog can also harm them physically.

For example, a scared pooch will panic once you roll them over.

And since you're exerting force on them, your dog might get hurt.

Then if things get worse, they could bite you as well.

This is why punishments like hitting your dog's illegal in most places.

And you can even go to jail for it.

#8: Dominance training can affect their health

Aside from injuries and behavioral problems...

Too much fear may also lead to chronic stress.

This means your Fido will always be anxious.

And over time, it can affect your dog's health.

How?


The body releases hormones like '*cortisol*.'

This helps dogs and humans in handling stress.

But high levels of cortisol will be hard on your Fido's body.

As it can result in the following:

- Heart diseases.
- Stomach problems.
- Weakened immune system.

 **Warning:** Some canines even die due to extreme stress brought by loud fireworks. So never ignore the common signals below and help your dog calm down:

- Pacing.
- Whining.
- Freezing.
- Trembling.
- Folded ears.

#9: You might ruin your relationship

Lastly, dominance theory will confuse your dog.

Your Fido doesn't know why you're pressing them down on their back.

And they'll also sense you're not doing it for fun.

Plus, you may also view your pooch as a wild wolf. And misinterpret every move they make.

So what would happen?

If you keep using this kind of training...

Your pooch will soon be afraid of you.

Then they'll trust you less. And the strong bond you had will be gone.



Note: You can reconcile with your dog if you hit or hurt them once. But this needs sincerity, effort, and patience. While more serious cases may cause trauma - which is harder to fix.

Chapter 5: 13 Reasons Why You Should **NEVER** Punish Your Dog



As a parent, your Fido needs your guidance.

You have to teach them what's right and wrong.

But sometimes...

Your sweet pup can be out of control and test your limited patience.

So to stop them, you may think of scolding or hitting them.

However, halt at once and...

Keep reading to discover:

- What happens if you punish your dog.
- How to discipline your dog more effectively.
- 13 reasons why punishing your dog isn't right.
- And many more...

#1: They'll become fearful

First, nothing good ever comes of violence or any verbal punishment.

Yes, your pooch will follow you.

But they're not being obedient.

They only do it out of fear.

Your Fido's afraid of getting hit or yelled at again.

So they have no choice but to follow you.

And as a result, your pooch will be anxious at all times.

And as per PetMD, you'll notice these common signs of fear:^[43]

- Hiding.
- Pacing.
- Panting.
- Circling.
- Trembling.
- Chasing of tail.
- Difficulty sleeping.
- Biting themselves.

Thus, punishing your dog will only make them afraid of you or humans in general.

#2: You'll stress them out

Aside from fear, your dog will also be under great stress.

Well, you know it's not a pleasant feeling.

They'll always be tense even though there's nothing to worry about.

And it's because they're scared you'll punish them again.

A group of researchers proved this.^[44]

They studied the behavior of punished dogs versus rewarded Fidos.

And the results?

It says that the former showed signs of stress more than the latter, such as:

- Panting.
- Tensed body.
- Frequent yawning.
- Excessive lip licking.
- High cortisol level (stress hormone).

So never punish your dog, as you'll only make your Fido uneasy.



Note: Other common stress signals you should look out for are:

- Freezing.
- Destructive behavior.
- *'Whale eyes'* or showing the whites of their eyes.

#3: They'll be aggressive

Next, a dog who's stressed and scared of their life will protect themselves.

It's a survival instinct in animals.

And experts even observed this in rodents.^[45]

So if punished, your Fido will also act aggressively towards you.

As well as anyone who goes near them.

Based on a survey, 25% of dogs acted fiercely when their parents did threatening actions, like:^[46]

- Hitting.
- Kicking.
- Staring down.
- Growling back.
- '*Alpha roll*' or rolling a dog on their back by force.

Also, even when familiar people yelled at the Fidos, most canines showed aggression too.

#4: They may have bite accidents

According to vets, dogs show '*calming signals*' first.^[47]

Like a warning before they attack.

And they're as follows:

- Growling.
- Snapping.
- Stiffening.
- Crouching.
- Pinning of ears.

However, if you don't notice these or if you keep punishing your Fido...

They might also bite you right away without any notice.

"But why would they do that?"

Every punishment will cause fear in your pooch.

Eventually, it can force them to defend themselves and act violently.

Also, if being aggressive worked for your dog in the past...

They'll likely show fewer warnings. Which could make them snap in an instant.

A study on 111 dog bites in children found that hounds involved have high levels of:^[48]

- Anxiety - 77%.
- Resource guarding - 44%.
- Territoriality aggression - 23%.

And among 103 dogs, disciplining methods caused 59% of the cases.

So this proves that punishments result in fear. Which then leads to aggression in canines.

#5: They'll associate pain with anyone

Let's say your dog always gets hyper when meeting other people.

To stop your pooch from lunging...

You may scold or beat them.

Now, you might think this is effective.

However, you'll only scare or hurt your dog.

Then they'll start associating the bad memory with strangers.

And it's because you always punish your Fido around them.

Moreover, if you use shock collars on your pooch when they meet children...

They may also have a fear of kids.

And this isn't good. As your Fido can act aggressively toward a specific group of people.

#6: You'll confuse them

If you always lay hands on your dog or if you hurt them once so badly...

They may get scared of you. And this can also cause confusion.

For instance, they could think of your hand as a dangerous threat - instead of a loving companion. .

So even though you're only about to pet your Fido...

They might flinch or tremble due to fear.

Besides this, punishing your dog will also make training harder.

One research found that punishments indeed make Fidos nervous.^[49]

As a result, they perform worse than dogs trained using positive reward techniques.

In the study, punished Fidos had less confidence in going to unfamiliar places.

It's because they don't trust anyone enough. And this causes them to hesitate.

Both in following orders and exploring the world around them.

#7: You won't teach them your desired behavior

Dogs forget things fast.

Unless a memory's crucial for food and survival. Or the event had a huge impact on them.

So, your Fido won't remember they peed on your bed 30 minutes ago.

Or, they chewed your shoes 2 hours earlier.

Thus, if you punished them late...

Your dog won't make the connection. As they don't understand why you're upset at the moment.

Also, our furry friends learn through trial and error.

If your pooch earned a reward after doing something...

They'll realize it's a good one. So they'll likely do it again.

But if your dog gets a negative reaction from you right away...

They'll learn it's not the behavior you want.

However, you're not telling them the right thing to do either.

In short, you'll only make your pooch lost.

Thus, they may try other things to see if it works. Or repeat the same mischief they did.

So, punishing your dog isn't effective in stopping unwanted behaviors.



Note: Your dog may also learn not to do the behavior around you. But continue doing it when you're not present.

#8: You'll reinforce the bad behavior

In some cases, punishing your dog might also do the opposite.

Your pooch may think of your scolding or eye contact as a form of attention.

And most dogs crave this from their humans.

So instead of stopping your Fido from doing the behavior...

They'll do it all over again. As they thought you rewarded them for it.

#9: They may run away from home

Dogs are loyal.

That's why they're called *"man's best friend."*

But they're creatures with feelings too.

So they may not hesitate to leave their humans when they feel unsafe or unloved.

And this could be due to:

- Pain.
- Trauma.
- Frequent abuse.

#10: They might have '*submissive urination*'

"Wait. What does it mean?"

It's when a dog pees a small amount in response to fear.

Like when you yelled at them. Or if they suddenly heard a loud noise.

In their world, it's a way to tell someone they're not a threat.

So if your pooch's afraid of you, they might pee on you purposely.


Or, take a leak whenever you raise your hand, as it may remind them of a hitting gesture.

Based on experts, most Fidos submissively urinate due to punishments and scolding.^[50]

But some dogs can also be naturally timid. Which makes them more prone to this behavior.

Other signs that your Fido's being submissive are the following:

- Crouching.
- Tucking their tail.
- Exposing their belly.

 **Warning:** As dogs grow old, the muscles that hold their pee also weaken. So if your senior Fido often has accidents at home, they may have urinary problems. And you need to bring them to the vet at once.

#11: You might injure them

Punishing your dog won't only harm them emotionally.

If you've been too harsh, you may also hurt them physically.

And it's a form of animal cruelty.

This is why in some places, hitting a dog's illegal.

For example, in Canada, the fine might even be as high as \$1 million, depending on the case.

But apart from hitting or kicking your pooch when they misbehave...

Some people also use electronic collars, a.k.a. '*e-collars*.'

They'll send electrical signals that can shock your dog once turned on.

So these collars may stop them from barking for a while.

However, a study says that they put dogs at risk of pain or injuries.^[51]

Also, wearing one will only bring discomfort to your Fido.

Plus, it poses a choking hazard and might cause burns or punctures too.

#12: You can traumatize them

As I said earlier, punishing your dog may only cause the following:

- Fear.
- Stress.
- Physical pain.

And these can all result in trauma.

If you're familiar with *posttraumatic stress disorder*, a.k.a. PTSD in humans...

Dogs have a condition equal to it as well.

But vets say they don't get PTSD if you hit their snout or yell at them once.^[52]

It's an illness caused by physical and emotional abuse.

As well as other serious reasons, such as:

- Military battles.
- Natural disasters.
- Severe accidents.
- Loss of a companion or parent.

"What are signs of PTSD in dogs?"

Besides stress and fear signals, a Fido with trauma may also be:

- Clingier.
- Aggressive.
- Highly alert.

#13: You'll break their trust

Lastly, this is one of the main reasons why you should never punish your dog.

Our furry pals are social.

But a Fido could take weeks, months, or even years to settle in a new home.

Moreover, fully trust someone.

However, punishments can break this bond in one snap.

If it happens more than once, your pooch may associate you with pain or fear.

As a result, your dog, who once looked at you with love...

Now trembles in fear in sight of you.

One study even shows that yelling at your dog won't make them follow you.^[53]

Based on it, a canine's trust in their parent depends on the person's mood.

For example, if you ask your Fido to do a command in an angry tone...

They'll be less willing to perform it.

As well as if you have a frowning face. Which suggests that you're mad.

And in your Fido's dictionary, an angry person isn't trustworthy.

So, instead of punishing your pooch...

Studies say to reward them every time they did the right thing.^[54]

Then ignore all their bad behavior.

By doing so, you'll encourage your dog to behave well. And slowly unlearn their naughty deeds.

Chapter 6: 37 Quick Dog Training Tips For Beginners



Dog training can be a breeze.

But it can also be a pain in the... neck.

Especially when you're just starting.

So you search for the perfect guide that can help you begin.

Well, here it is.

Continue reading to discover:

- 37 smart dog training tips for beginners.
- 3 crucial steps to generalize your dog's training.
- Why consistency is the most critical aspect of training your pup.
- And many more...

#1: Puppy-proof your house

This tip isn't just important to avoid accidents from happening to your puppy...

Puppy-proofing is also helpful in dog training because:

It helps eliminate the *chances* for destructive behaviors.

And without the opportunities for those to arise...

You'll prevent Fido from developing problematic habits.

With that, here are where training and puppy-proofing can overlap:

Puppy-proofing checklist	Relevance to training
Moving electrical plugs and wires out of reach	Stashing those will discourage chewing.
Keeping toilet lids closed	Prevents them from drinking water from the toilet.
Secure trashcans	Reduces their attraction to smelly things that make them curious.
Keeping doors and windows closed	Decreases escaping behaviors.
Putting up gates/fences	Limits your dog's access to things they must not reach.

#2: Start training at an early age

They say, *“The early bird catches the worm.”*

And that applies to dog training.

Because the earlier you start it, the better.

Doing so prevents the development of problematic behaviors ahead of time.

According to PetMD, dog training should begin at 8 weeks of age.^[55]

At that age, they can learn basic cues such as:

- Sit.
- Stay.
- Come.
- Watch-me.



Note: If your dog is older than 8 weeks, don't delay their training anymore.

#3: Engage in playful behavior with them

Training doesn't require you to be serious all the time.

Yes... You can have fun!

One way to spice it up is to engage in play from time to time.

That's why I recommend taking short breaks during your drills with Fido.

A 5 to 10-minute recess will do.

And you can play a quick game of fetch or tug-of-war with them during it.

Such practice is essential in training, especially in the beginning. Since you still need to earn your dog's trust and attention.

Moreover, according to research:^[56]

Playing decreases *cortisol* levels in dogs.

Which is the primary stress hormone.

With less cortisol, you can boost your pup's mood. As well as improve their attitude toward training.

“But wouldn't a break from training distract them?”

Quite the opposite.

Because a short recess can make your dog focus on you again.

Or keep them motivated since you can treat a break as a reward.

#4: Socialize them

Dog socialization begins at birth.

Because they interacted with their mother and siblings.

But once they're taken away from their litter...

Socialization could come from the following:

- People.
- Objects.
- Other animals.

So when they're exposed to those...

Your pup learns to master their reactions toward the world they're exploring.

That's why socialization leads to a decrease in fearful tendencies.

And with all those beneficial factors...

Your training will go smoothly if your dog receives proper socialization.

To back that up, research says:^[57]

Well-socialized puppies are less likely to:

- Be distracted.
- Have body sensitivity.
- Experience anxiety (general and separation).

"Is it too late to socialize my adult dog?"

Although AKC firmly recommends it starts at 3 weeks of age...^[58]

You can still socialize your adult dog.

And you mustn't delay this need anymore.

So start as soon as you can.

#5: Start with the basics

Think of dog training as a game that levels up.

Kicking it off means going through the first level.

Otherwise, you can't advance to more complex skills.

And in training Fido, level 1 is equivalent to starting with the basics.

To further explain, here's an example:

You want to teach your pooch the *rollover* trick.

But before you can do that...

Ensure that they know how to lay down on your command.

Because that skill is the groundwork for the trick you want to teach Fido.

#6: Train daily and consistently

When starting dog training, fur parents settle for this:

Simply enrolling their pups in weekly classes.

Now, I'm not stopping you from signing Fido up for such.

As they offer great help for your pup's training.

But the issue is simply settling for a once-a-week class.

Remember that once you begin training your dog, it must be consistent.

So I highly advise doing daily drills with them at home.

Try a simple 10-minute session every day to recall their weekly classes.

Doing this ensures Fido won't forget the things they learn from there.

Moreover, consistency also requires you to:

Stick to a regular training schedule

Your pup will appreciate knowing what time of day they can predict their training.

With that, they'll know what to expect from their day. And that can make them less anxious.

So if you train your pooch every morning...

That's what you stick to.

#7: Train before meals

After giving my previous tip, most fur parents ask me this follow-up question:

"Then what time of day should I be training my dog?"

My number 1 answer to that is:

Schedule your pup's training before their meals.

In my experience, this can make your sessions more effective.

Because with this strategy...

Fido will pay closer attention to your instructions.

Compare that to training them right after a meal:

They won't be interested in earning treats.

Since they just had their food and they might feel full already.

#8: Regularly exercise your dog

When I suggest this tip, most fur parents are confused. It makes them ask:

“What’s the connection between exercise and training in dogs?”

Well, exercise is a vital form of enrichment for Fido.

Your canine needs at least 30 minutes of physical exercise per day.

Otherwise, they’re going to have excess energy.

And that extra amount of stamina can get in the way of a training session.

Because it makes them less disciplined and more distracted.

And as if that’s not enough inconvenience...

Your pooch will also get bored if they lack exercise.

Based on a study:^[59]

Boredom leads to issues like:

- Avoidance.
- Drowsiness.
- Restlessness.

All of those will lead to the development of problematic behaviors and habits.

Which you’ll need to correct through more training.

#9: Provide enough mental stimulation

This tip is best practiced with #8.

Because your dog needs enough mental stimulation to use their energy too.

Moreover, this type of enrichment ensures they stay sharp and content.

And what I like most about this one is:

It doesn't require you and Fido to go outside.

You can provide mental stimulation for your pooch through interactive toys.

Even making them play games on a screen is exciting.

That's why there are iPad games for your dog to enjoy.

For more mentally stimulating activities for dogs, here's what AKC suggests:^[60]

- Treat hunt.
- Hide and seek.

#10: Keep training sessions short

A study says:^[61]

The average attention span of dogs is 1 minute.

On the other hand...

The average professional training session can be too long for Fido.

Which can take from 30 minutes up to an hour.


Considering your dog's short attention span, that's an issue...

And while you can't change the program of such classes...

Try to shift those that you have at home.

Remember my advice under tip #6?

I mentioned trying daily 10-minute sessions for recall training.

 **Pro tip:** Try doing that 3 times a day. Doing so completes the 30-minute training time required for Fido's progress.

#11: Establish consistent rules in your household

By now, you must know that:

Consistency is the most important aspect of dog training.

And this tip will further prove that.

As social animals, dogs will understand better if their family follows the same rules.

So if you have multiple canines in your home...

Set constant laws for them in your household.

Here's an example of how this tip can help you:

Your living room couch is off-limits for dogs.

And you just scold one of your pups (let's call them *Woof*) because they hopped on it.

But when Woof came back to the living room...

You're on the couch cuddling with their canine sibling, Fido.

Once Woof sees that they'll be confused.

So they're still going to hop on that couch. Because they can't understand what you want.

#12: Be consistent with cues and signals

Don't switch up the signals you use every training session.

Instead, stick to the first cue you'll use when training Fido.

Say you want them to learn the trick "*play dead.*"

And you use the word "*Bang!*"

For the hand signal, you made a finger gun gesture.

Now, if that's how you introduced the trick to your pup...

That's how you must train them until they master it.

#13: Assign a specific cue for a skill

Use a particular signal for a certain skill, activity, or behavior.

For instance:

Don't use the cue "*Come!*" in general.

Instead, assign prompts for a specific place you want Fido to go.

If you're going to call them for a bath, try "*Fido, bath!*"

And if it's time to walk them, you can say, "*Let's go!*"

Now, when I give this tip out...

Some parents don't believe me that it'll save them time in the long run.

Because you'll have to train your pup for so many cues.

However, doing this prevents *cue poisoning*.

Which is when you corrupt a command by generalizing it. And using it in something your dog doesn't enjoy.

When that happens, the cue you worked hard for can become ineffective.

So you're actually saving yourself time by following this tip.

#14: Don't leave food within reach

Like the logic with tip #7...

How do you expect your pooch to work for your rewards...

If they can effortlessly access their treats on a low table?

Or if they can grab food from your counters without any sweat?

So, to make training more effective...

Ensure that you stash away the rewards properly.

They must be out of your dog's reach.

And the only time your pooch will see the prizes will be during their drills.

#15: Be in control of their environment

This is a crucial responsibility in dog training.

But it's often misunderstood or given less importance.

Some parents figure that being *in control* is simply choosing the area to train Fido.

However, there's something more you can do apart from that.

And it's being *proactive* when it comes to your pup's environment.

Say you want to teach your dog to stop chewing...

Before you start with the drills themselves...

You can be proactive by putting away your shoes so Fido won't nibble on them.

With that, there'll be better chances that the wanted behavior will stick. Since your dog won't have any opportunity to practice them anymore.

#16: Use high-value treats

At the beginning of training, most professional trainers use *high-value treats*.

Now, what makes a treat high value is when your pup doesn't get it often.

Some examples are portions of cooked chicken, pork, or beef.

You can also cut up chunks of hotdog if Fido enjoys them.

Or there are commercial treats available in the store that are high-value.

Those are rich in their advertised flavor. And they smell great to tempt dogs better.

#17: Reward them with something they like

Your canine has food preferences.

Which are determined by their genes and environment.

When training them, that means your pooch can play favorites among rewards.

So the treats you use will have an impact on their training.

Because they'll be more excited and motivated if they like the goodie they're working for.

With that, I recommend taking Fido to the pet store.

Then, let them sniff around and decide which treat to buy.

#18: Stray away from aversive methods

Training methods matter.

That's why one of my biggest tips when beginning dog training is:

Don't use *negative reinforcement* on your canine.

Those are also referred to as *aversive-based methods*, some of which are:

- Using shock or e-collars.
- Applying force (like hitting your dog).
- Pulling your dog's leash when they won't comply.

Now, there's no denying that those techniques can be effective.

However, the cost will be your canine's mental health and welfare.

As research revealed:^[62]

Aversive training methods put dogs under stress and anxiety.

Which was detected through high concentration levels of *cortisol*. The main hormone that's related to stress.

Moreover, these methods make your dog pessimistic.

That causes them to get anxious when things don't go their way.

So they'll get stressed when they get the drill wrong.

Thus leading to a decrease in confidence. And ultimately delaying their progress in training.

#19: Don't yell at your dog

Apart from their ability to understand a few human words...

VCA Hospital says your pooch can also sense what you mean through your:^[63]

- Tone.
- Volume.
- Intonation.

With that, they can distinguish the following reactions from you:

- Firmness.
- Cheerfulness.
- Reassurance.
- Cautiousness.
- Disappointment.

So watch how you speak to your dog during training.

As yelling can only make them anxious. Which leads to delays in their training improvement.

And another reason shouting won't work is based on this study's findings.^[64]

It says that canines listen better if humans calmly talk to them.

#20: Use positive training methods

What I suggest is the total opposite of aversive-based methods.

And it's using *positive reinforcement*.

As vets say.^[65]

Positive associations have a powerful effect on an animal's emotional response.

So employ positive reinforcement in training.

Which the Humane Society describes as.^[66]

An approach that reinforces behaviors through positive rewards. Some of these are:

- Treats.
- Praises.
- Playtime.

#21: Prepare several approaches to try

No dog is the same.

Keep that in mind when you begin dog training.

For example:

What took 1 canine 1 week to achieve might take a month for another pooch.

Sometimes, 1 approach might not even work for others.

When that happens, you'll have to move to the next method to try.

That's why I highly advise preparing several approaches to test.

If the first one doesn't work, you'll immediately have backups.

Thus not causing any delay in your dog's training.

#22: Timing is everything

Training your dog takes practice on your end too.

And within the beginning, you can make several mistakes.

One of which is incorrect reward timing.

Here's what can happen:

You're teaching Fido how to sit down.

And they successfully followed your command.

However, it took you long to reward them.

So once you hand the treat to them, they're already jumping at you.

With that, you didn't reinforce the "*Sit!*" command.

What stuck to Fido is:

Jumping at you gets them a treat.

That said, perfectly time your rewards to reinforce the right behavior or trick.

✓ **Pro tip:** From my experience, I give them the prize while they're doing what I want them to do.

#23: Only say a cue once

In dog training, there's such thing as *command nagging*.

It's when you keep repeating a cue because your canine didn't respond the first time.

Don't do such a thing...

Because repeating a cue won't help you establish the behavior you want.

Instead, it can ruin your pup's training.

For one, Fido will begin thinking it's okay not to respond the first time.

Or they need to do the trick the third or fourth time you say it.

So, only say a cue once.

And if you see your dog's not listening to you during training...

Hold your command for a while.

Then, only go back to training when they're fully attentive.

#24: Deliver treats properly

Here's a scenario where this applies at the start of training:

Fido is on your right side.

And you asked them to sit down.

They did, so you'll reward them.

However, the treat was in your left hand.

With that, your pup got up and snatched the snack from there.

Unfortunately, that canceled out learning the command.

Because what Fido picked up from the session is getting the treat from you.

What's more, the cue you used will be corrupted. And you'll have trouble applying it to the intended skill.

So, if your pooch performs the trick on your right side...

Remember to deliver their treat on the same end.

#25: Don't overly rely on treats

Remember that treats shouldn't be your only assistant.

Because as time goes by, you'll have to gradually decrease their use.

As you don't want your pooch to develop a dependence on treats.

That said, here are other positive rewards that help you reinforce wanted behaviors:

- Petting your pooch.
- Playing with them after a trick.
- Praising them for a job well done.

#26: Show them what you want

You and your dog don't speak the same language...

But that shouldn't get in the way.

As you can still break the barrier by showing your dog what you want them to do.

For example:

Research has discovered that canines can determine their human's emotions.^[67]

They can tell how you feel by looking at your face and analyzing your vocalizations.

And after knowing how you feel...

Your pup will *catch* those emotions.

So they're likely to feel the same way.

That's how much your actions can affect your canine.

With that, ensure you show them the behavior you expect from them.

#27: Lead with confidence

Literally and figuratively speaking:

Your dog looks up to you.

So even if you're still new to dog training...

You must lead with confidence.

Put trust in yourself as well.

Otherwise, Fido's going to take control of the training situation.

Which will make it hard for you to establish authority as their parent or trainer.

Now, when I say that, I don't mean applying the alpha or dominance theory.

Because leading with confidence is simply letting them know what *you* want.

With dog training, you can show that by:

- Being consistent with cues and signals.
- Establishing constant rules (from tip #11).
- Setting up (and following) regular training schedules.

#28: Train your dog to generalize

There's no denying that training your dog is exciting.

And reaping the results will make you happy.

But when that time comes, 1 problem might arise:

Your pooch won't do the trick you taught them around other people. Or in a new place.

So to avoid that from happening...

Teach Fido to generalize a skill

Step 1: Start with no distractions

To build your pup's training foundation...

Start by holding sessions in a place with no distractions.

Ideally, pick a room inside your house.

One where there's no foot traffic. And the noises from outside aren't heard much.

Step 2: Incorporate distractions while inside

When your pup shows improvement with their training...

It's time to add some distractions in the initial area you hold your sessions.

You can ask someone to watch while you train Fido.

Or you can open the room's door or window to show people passing by.

Step 3: Train them outside

This will be the setup for most of the training sessions.

Because once Fido responds well to step number 2...

Take the sessions outside.

However, pick a controlled environment.

That means distractions are visible and heard...

But your pooch can't pursue them since there are barriers.

#29: Don't expect results too soon

Beginning is often the most challenging part of any journey. Including dog training.

So cut your pooch some slack when they're not as good as you expect them to be.

Trust their learning process.

And don't rush your pooch for results.

Typically, it can take them 6 weeks to learn a new *basic* command. If it's a complicated skill, it'll take longer than that.

#30: Don't continue training when you're frustrated

As I mentioned under tip #26:

Your pup knows how you feel by looking at your facial expressions.

So even if you don't raise your voice at them...

One look at your face, and they can tell you're frustrated.

Now, I'm not asking you to master a stoic look and attitude before Fido's training.

But when you're holding sessions...

You'll need to react accordingly and ensure you're not overdoing it.

When they successfully do the trick, you can act excited about it.

Then, you're allowed to be disappointed when they won't comply.

Just ensure you won't get carried away by your frustration.

If you do, that can make your canine anxious.

Thus affecting their progress in training.

#31: Keep a positive attitude during training

As I mentioned, your pooch can sense how you feel.

That's why you must keep a positive attitude during training.

As it's important to maintain a calm yet enjoyable mood during the drills.

So don't just do it to achieve what you want...

Instead, training should be fun for both you and Fido.

And what I love about this tip is:

It'll also help you strengthen your bond with your canine.

#32: Decrease bribing as training goes by

Bribing is when you show your pup the treat they can gain if they're a good boy/girl.

And it's a typical practice at the start of training.

But keep in mind that you must decrease its use as training continues.

Otherwise, they'll not perform well unless they see a reward.

So when your canine starts to understand the drills...

That's when you begin keeping the rewards out of sight.

“Won’t their motivation decrease?”

It won’t.

Guessing if they’ll get a treat motivates them the same way.

#33: Watch out for fear and anxiety signals

When exposed to new situations and activities...

Some dogs can be nervous and anxious.

So at the beginning of training, look out for signs of fear and anxiety in your pooch.

According to PetMD, those are:^[68]

- Pacing.
- Circling.
- Trembling.
- Trying to hide.
- Tucking their tail.
- Sudden panting (without physical exhaustion).

When you catch these indications during training...

Give your pooch a short break.

And distract them during that recess by playing with them.

Doing so assures them that they have nothing to worry about.

#34: Be mindful of the behaviors you encourage

You’re bound to make unintentional mistakes at the start of dog training.

And one of them is encouraging the wrong behavior.

Take it from this experience:

I wanted to train my pooch to stop demand barking.

So every time she barks at me, I tell her to stop by saying a firm “No!”

What I didn’t know was she wanted attention...

And my reaction was rewarding for her because she got me to focus on her.

With that, no matter how much I trained her to curb the unwanted behavior...

My method actually encouraged her more.

So, be watchful of your reactions and methods. To avoid making the same mistake I did.

#35: Associate their name with positivity

Then again, positivity brings it all together in dog training.

That’s why using your pup’s name negatively can affect their performance.

They might associate it with your disappointment. So when they hear their name, they get anxious.

With that, don’t yell their name when they’re not doing what you want.

Instead, use cues like a simple but firm “no” or “stop” for that.

Then, when rewarding them...

Say their name when giving them the treat.

#36: Be happy when they come to you

One of the first things you get to teach Fido is to come to you.

But even if you didn't call them...

React positively when they go to you.

Not only does that reinforce the behavior...

It also improves your relationship with them. Which can help with your training sessions.

#37: Don't be afraid to ask for help

When I began with my dog's training...

I was a bit lost too.

At first, I tried to steer the ship myself.

Although I reaped a few results...

Reaching out for help gained my dog and me more benefits.

So, don't hesitate to ask your friends for advice. Or contact experts.

Even watching training videos on YouTube does the trick.

You can also enroll your pooch in weekly classes. Then continue training daily at home.

But if you're an aspiring trainer, you can ask your fellow trainers for advice too.

Moreover, reach out to vets.

Because you'll experience handling challenging pups.

In some cases, they're facing underlying medical issues. Which affects their training performance.

P.S. You're already doing well in terms of this tip. Because this read is here to help you and Fido start your training journey.

Chapter 7: Demand Barking: 19 Simple Tips To Stop It (How-To Guide)



Does your pooch bomb your ears with barks when they want something?

And these high-pitched and piercing barks are really persistent.

I know it can be annoying not only for you. But for your neighbors too.

Wondering how to end this behavior?

Continue reading to find out:

- The true reason why demand barking occurs.
- 19 ways to stop a dog from barking if they have a request.
- Easy and effective step-by-step training to stop demand barking.
- And many more...

What is demand barking?

Demand barking is when a dog persistently barks mainly for a request. This will occur if dogs associate barking with getting what they want. Some of the reasons why a dog demands something through barking include play, food, attention, going outside, or greeting others.

#1: Find out the reason why your pawed baby barks

What's the first thing to do in addressing issues with your dog?

It's finding out what causes the behavior.

In this way, you'll be able to know how to fix it.

Wondering where to start?

You may begin by observing your pup closely. I recommend writing your observations. It'll be easier to recall everything that way.

Here's what you have to spot:

- When does your dog start barking?
- What you're doing that made Fido bark?

Here are some questions that can help you fix this.

For example, a dog starts to demand bark at 5 pm each day. Say you're preparing their meal during that time.

This could mean Fido is hungry. So, their barking might be due to the demand for food.

Now, try this with your pooch. And when you finally get an answer, proceed to...

#2: Prevent serious demand barking

Let's apply the "*Prevention is better than cure*" here.

It's normal for dogs to bark. But the behavior of demand barking isn't. It can only be developed if we reinforce the behavior.

How can this happen?

It all starts by responding every time Fido barks.

For example, when you're eating dinner. You might notice that your pawed baby starts to bark. As if saying...

"I want your food, hooman."

And most dog parents would hand them food as a response. Admit it or not, it happens. Some people may even find it cute at first.

But this can be a problem when canines get used to receiving what they want.

By responding this way to their barks, they'll think what they're doing is right. Because it gets them what they want.

So it's best to avoid responding to Fido if they ask through barking. The sooner, the better. And you can do this by checking out this...

#3: Ignore your pooch when barking

Picture this scenario:

You're sitting on your couch, relaxing. After having a long day at work.

And then your pawed baby interrupts your rest by barking like crazy.

“Attention please, Mom/Dad.”

And unintentionally you respond to them with...

“Hush! Stop.”

Familiar?

Dog parents might’ve had moments like this. Yes, it’s tempting to stop your pooch from barking with voice commands.

Such as hushing your dog. Or telling them “No!” and “Stop”.

But that just makes dogs bark even more. You might be unaware of how it works. But by responding, you’re giving them attention.

And when dogs get attention, they’ll think they’re being rewarded.

Mind you, a rewarded behavior is likely to be repeated.

To avoid this from happening, ignore them. Act as if you’re not hearing anything.

And only give them attention when they stop barking.

But what if they continue barking?

Simply start walking away from them. Go outside or to another room for example. Ignoring them like this could do the trick.

#4: Redirect your dog’s focus when they start to bark

There’ll be times when your dog gets bored.

And if that happens they'll demand someone to play with. So they'll seek attention from their dog parents.

How to prevent this?

Get your dog to focus on something else while barking. This works by giving them something to keep them busy.

As a result, they won't spend time on demand barking.

This can be achieved by giving dogs:

- Puzzles.
- Chew toys.
- Dog-appropriate toys.

#5: Work on crate training

When do dogs demand bark?

When there's someone to listen to them. And do what they *'ask'*.

One way to deal with that is by making them go to their crate. That way, they won't have anyone to bark to.

Now, here's how it works:

Anna Flayton, a dog trainer, tells AKC tips on how to effectively crate dogs.

She said that it's best to train them when they're relaxed.^[69]

It'll make dogs associate being in the crate with a calm feeling. As a result, dogs will learn that it's a space to rest.

So, this can be your solution. Practice your dog to go to their crate during their calm state.

For starters, 5 to 10 minutes of stay in the crate will be enough. And then increase the duration as the practice goes by.

Your goal is to make them used to be in the crate. And if that happens, use this method every time demand barking starts to show up.

Besides getting rid of demand barking, there's one more advantage to the crate.

If you train them properly, dogs won't think that they're being punished for barking.

Instead, they'll learn it's time to rest.



Note: Dogs, regardless of age, shouldn't be in the crate for more than 6 to 8 hours. They can't hold their bowels that long.

#6: Use the “*bed*” technique

Crate training isn't the only way you can make your dog stop their demand barking. You may also use the “*bed*” technique.

You can do this by luring your dog to their bed. Again, it's best to train dogs when they're calm.

Here's how:

1. Use their most loved type of treat. Move it near your dog's nose.
2. Move your hand towards their bed/spot. Make sure that they're following you.
3. Command “*Bed*” before placing the treat down on their bed.

4. Reward your dog if they place their whole body on their spot.
5. Make them wait and stay in the bed for a minute as a starter.
6. Say “free” and throw a treat away from the bed. It’s a way to signal your dog that they’re free to leave.

Repeat step 1 and gradually lengthen their stay on the bed as you go on. Do this consistently until your dog can do it on their own.

Then use the command “*bed*” every time they demand bark.

#7: Apply positive reinforcement

I know demand barking can get on your nerves. It’s an annoying piercing sound.

But please, never punish your dog for it.

Aside from it being cruel, it doesn’t correct a dog’s unwanted behavior. It only makes dogs fearful.

But there’s a better thing you can do.

It’s to apply positive reinforcement. It’s when you reward good behavior. In your case, when your dog is quiet.

“How can I do that?”

Let’s say your dog started demand barking. You’ll ignore that and prepare a yummy treat.


Wait until they stop barking. It’s okay if it’s for a short period of time.

Still, reward them for being quiet. You may want to praise them too.

Keep doing this every time they’re quiet.

To make sure they know what you're rewarding them for, give the treat as soon as they stop barking.

Eventually, they'll learn that being quiet is a rewarding behavior. And since dogs love rewards, they'll keep quiet often.

 **Trivia:** A study suggests that positive reinforcement improves quietness in dogs. Researchers observed 26 dogs who underwent positive reinforcement. The results showed that 35% of the dogs became quieter. ^[70]

#8: Teach Fido the “quiet” trick

Teaching a trick to dogs is great for correcting unwanted behaviors.

Aside from that, it'll be useful in the future.

The “quiet” trick is perfect to resolve the problem with demand barking.

This is best to do when your dog is barking at the moment.

Here are the steps you can take:

1. Ignore your dog when they start barking.
2. Command “quiet.”
3. Give them a high-value treat when they're quiet. This way, your dog will pick up the cues that quiet means no barking.
4. Practice consistently and increase the time before giving them a treat. You may add praise as a reward too.
5. Repeat the steps until they finally can master the trick.

#9: Keep greetings lowkey

Some dogs get thrilled if they see people. It makes them want to play and get their attention.

And this can be a problem if pooches do that in public.

For example, you're on your usual walk with your dog. Then every time there's a person approaching, Fido starts to bark at them.

Which people could find scary.

Because it might seem that Fido wants to bite them.

Now, here's how to teach your dog calm greetings:

1. Watch your dog if there's a person approaching.
2. If your dog starts to bark, stop walking. Then redirect your dog's attention.
3. Use a treat and lure them to focus on you. Do this by sitting facing your dog and move the treat in between the two of you.
4. Continue approaching the person if they stay quiet.
5. Give them the treat if they complete the approach without barking.

#10: Make your dog used to being alone

Does your dog bark when you leave them?

If so, that demand bark might be due to separation anxiety. And pooches mostly do it because they're not used to being left alone.

Managing separation anxiety is the key to resolving this.

This can be achieved through desensitizing them.

It's a technique of gradually exposing your dog to what stresses them out.

In this case, you're going to make your dog get used to being alone. Here's how you'll do it:

1. Let your dog stay in one place. Then stand close to them.
2. Allow them to see you walk away. Create a distance between you and your dog. A couple of meters would do as a starter.
3. The goal is to get a calm response from your pooch. If they start to bark, go near your dog and try to lessen the distance between the two of you.
4. Now, if your dog starts to show calmness, that'll be your signal to go on.
5. Try moving away until they can't see you.
6. If they remain calm, try to leave them for a longer period of time.
7. Repeat until you can leave them without demand barking.

Keep in mind that you may not achieve all of these in just one session. It might be longer or shorter than you expected.

But just be consistent and patient. Your dog will get used to any desensitization in time.

Study about effects of separation anxiety desensitization. 6 dogs after 3 months of treatment showed great improvement.

Researchers say that dogs almost completely eliminate unwanted behavior.^[71]

#11: Don't miss out on their routine

Dogs love routines. It makes them confident and free from anxiety.

So, it's best to keep up with their routines. Otherwise, they'll demand it from you.

For example, you came home exhausted. Probably, you'll want to just flop on the bed and rest.

On the other hand, there's your pooch, barking. And they're reminding you that they should be taken out for their business.

To avoid this, try to make sure you don't miss out on their routine.

May it be their daily walks, meals, and even exercise.

#12: Use music to block outside noises

There are breeds that have more sensitive hearing than others.

Some of them are Collies and German Shepherds.

These dogs are reactive to even the smallest of sounds.

That's why they bark excessively.

Do you know what's worse?

Loud noises may trigger a dog's anxiety. And we don't want that to happen.

So, you try playing calming music when there's outside noise.

This will help block those noises and keep your dog calm.

#13: Socialize your dog

A study shows that lack of exposure often causes behavioral issues in dogs. And demand barking is one of those.^[72]

So, proper socialization might work to address this issue.

And this differs depending on a dog's age. Here's how it should apply to:

Puppies

Socialization should begin during the puppy phase. Which starts at 3 weeks of age.

This phase is a crucial stage for them.

It's when pooches begin to learn about their environment. Which will keep them happy, fearless, and confident in the future.

Here's the socialization that a puppy needs:

- Exploring their environment on their own.
- Interacting with other animals.
- Involving other people in their daily activities or play.
- Rewarding them when they encounter new experiences.
- Exposing them to different sights, smells, sounds, and touch.

Adolescent dogs

Dogs reach adolescence at the age of 18 weeks to 2 years. And despite passing the crucial stage, they'll still need continuous exposure.

And this can be done through:

- Introducing them to people.
- Bringing them to new places to explore.
- Letting them play with other dog breeds.
- Never punish them when they start to show fear.
- Allowing them to be alone for a specific time during the day.

Adult dog

Socialization never stops. It'll still be necessary even when your dog is already an adult.

You may do this by continuing what you've done during their adolescence phase.

#14: Avoid any bark triggers

Demand barking has its triggers.

And helping your dog avoid these will make them refrain from barking.

This includes seeing their dog friends from the window.

Or hearing outside noises.

You can avoid this from happening by closing the window.

Putting up blinds may work as well. Or keeping your dog in a more quiet room.

#15: Provide Fido an appropriate and enough exercise

Another reason why dogs are reactive is having a lot of pent-up energy.

You can solve this issue by providing enough and proper exercise to your dog.

Keep in mind that exercise differs for every dog. Here's how it works for a:

Puppy

It's true that puppies are bursting with energy. However, they need lesser exercise compared to older dogs.

Otherwise, it may lead to serious problems. Such as exhaustion and joint problems.

In general, puppies may have:

- Playtime.
- Walking 1 or 2 times a day.

Adult dogs

The proper exercise differs for every dog breed.

Since some breeds are more active than the others. So, they'll need more exercise too. And otherwise for the less active breeds.

Here's what exercises are for the giant breeds:

- Playing.
- Walking.
- Training.
- Scent tracking.

Now, here's how for medium-sized breeds:

- Agility.
- Hiking.
- Playing.
- Walking.
- Running.
- Swimming.

And here's for the tiny breeds:

- Playing.
- Walking.
- Training.
- Puzzle games.

Senior dogs

Health and behavioral problems mostly occur during senior years. They mostly get forgetful. And a lot of them may suffer from joint conditions.

So, they should have gentler exercises, and these are:

- Walking.
- Stretching.
- Balance Exercises.

#16: Give your pooch mental stimulation

Mental stimulation prevents boredom and frustration.

So, if done correctly, you'll have a more quiet pooch.

Generally speaking, canines need at least 20 minutes of mental stimulation a day.

However, active breeds such as Beagles and Huskies should have longer stimulation than others.

Here's what you can do to keep pooches mentally stimulated:

- Playing hide and seek.
- Giving them puzzle toys.
- Giving them treat-dispensing toys.
- Teaching or training them to do tricks.
- Setting up an indoor and outdoor obstacle course.

#17: Noise desensitization

Demand barking can also be due to the noises that dogs hear.

Let's say you live in the city. It'll be normal to have a loud environment.

Considering the noise from cars, people and construction.

Dogs with noise sensitivity will become reactive.

They'll bark excessively. Demanding for peace and silence for their ears.

And you can curb this by noise desensitization.

Here's how to do it:

1. First, place your dog in a quiet room.
2. Play the sounds such as cars honking or construction sounds. Start by playing it at a low volume.
3. Watch how your dog responds to it. If they remain calm, slowly increase the volume.
4. Do this consistently. Increase the volume as you go on with desensitization. You may also lengthen the duration of your dog's exposure to it.

#18: Sight desensitization

Dogs may also demand bark when they see people pass by.

And this problem usually starts due to lack of exposure.

So, you're going to gradually expose them to people.

Sight desensitization will make dogs used to seeing people.

It'll make them learn that there's nothing to be excited or curious about.

It works just like noise desensitization.

The only difference is the stimuli. We're now using people instead of noise.

For example, expose your dog to 1 person at first.

It can be anyone from your family. Let them spend time in a room together.

If your pawed baby seems to be fine with it, increase the exposure.

But if your dog starts to bark at the person, remove them from the situation.

Then, you may try again if they've calmed down.

This time, try a lower level of exposure.

For example, the person should be at a greater distance.

Close enough so the dog sees them. But far enough so your canine doesn't get triggered.

Gradually decrease the distance between the two of them. As long as the dog doesn't bark.

If your pooch's okay with it, allow them to make contact.

And if this worked, proceed to make them meet your other friends.

Try exposing them to 2 people this time. Again, aim for a calm response.

Then the next step is exposing them to strangers.

You may also let them meet more people than before.

Eventually, your dog will get used to them.

And that would mean no demand barking anymore.

#19: Seek professional help

Sometimes, a dog's demand barking means a cry for help.

They could be doing it because of the pain they're feeling.

So if you suspect medical causes of demand barking, consult your veterinarian.

Here are your green signals:

- Lethargy.
- Vomiting.
- Weight loss.
- Excessive thirst.
- Rear-end scooting.
- Change in eating habits.

And when it comes to behavioral causes, you may opt to get help from a dog trainer.

They'll assist you in terms of curbing unwanted behaviors. And also make your dog master commands effectively.

Chapter 8: 7 Reasons Why Dogs Jump Up And Down + 5 Tips To Stop It



Having doubts about the real identity of your furry buddy?

Are they a dog or a disguised kangaroo?

Because you've never seen such a 'springy' one in your life.

And they keep on prancing like there's no tomorrow.

Is it a habit? Or is something making them do it?

Is it even possible for them to stop?

Well, hold those questions for a minute. And...

Read on to find out:

- Why some dogs love to do it.
- What could they be trying to tell you.
- Whether it's a positive or negative behavior.
- 5 tips on how you can make them refrain from jumping.
- And many more...

Why does my dog jump up and down?

Your dog jumps up and down because they're overjoyed and so excited at the moment, it's their way of saying hi, they want to grab your attention, or they're trying to see and smell something too high for them. The behavior can also be due to so much pent-up energy, stress, and encouragement.

7 reasons why your dog jumps up and down

#1: It's a jump of joy

"I'm so happy right now that I can't control my body!"

Does your dog keep on bouncing off the floor when they see you preparing dinner? Or...

Do they act like this when you come home from work?

Well, either way, both of them suggest only one thing - over excitement.

It's usually caused by extreme happiness or great anticipation of something.

Let me give you some scenarios to think about.

What would you feel after passing an admission test at your dream college or seeing your fave band at a concert?

You've waited for it for so long and now you've seen it through your eyes. So you'd feel ecstatic, right?

And that's what your dog might be feeling too.

So your pooch jumps like they're on a trampoline because they can't hide their excitement.

And it's usually accompanied by intense tail-wagging and sparkling eyes.

They must be very happy seeing you prepare their food. And they can also be very impatient so they jump to see what's going on.

It's like they're telling you to hurry up because they can't wait any longer.

When you come home, your dog might have also waited for hours for your return.

So they express their happiness by welcoming you with high energy.

Dogs may also jump before you take them out for a walk as they might have been anticipating it since early in the morning.

Some may also jump in joy when they see another dog on the TV or outside the house. They might even bark and get crazier.

It's also more common in puppies and young dogs as they get fired-up easily even in small things - like when they see you holding a treat.

#2: They're so stressed - in a good way

Not all pressure is bad...

But too much of something, even good, can be harmful too.

A study shows that jumping up is one of the signs of a dog with '*eustress*,' or beneficial stress.^[73]

It's an enjoyable tension that often comes from exercising or doing things they love so much.

Once their body produces stress hormones because of that, it won't be easy to get rid of them.

It may even last up for days so your pooch might feel more excited in the next few days.

#3: To see/smell something better

What do you do when you want to see something but it's too high?

You either get a stool or a ladder to aid for your lack of height. But what can you do at the moment by yourself?

You jump and try to have a peak, right?

Now, it might be the reason why you see your pooch springing after you baked some cookies and put them on the counter.

They must've smelled so good. That's why their mind went crazy. They want to investigate and it's the best way to get closer to them.

You may also see some dogs prancing up and down by a window to see better. They might want to have a better view of you or they saw a dog inside a car.

#4: It's their way of greeting you

In some cases, it might just be their way of saying, *"Hello. It's so nice to see you!"*

Apart from being excited, the behavior must have been natural in them. But it's also possible that they've developed it during their 'puppy days.'

Have you noticed how dogs greet each other? They sniff and interact snout-to-snout.

And that might also be their reason for jumping. It's because they want to reach you and express their love.

Being their parent, you're their favorite person, so they might do it when you come home or when they see you first thing in the morning.

They love you and might also think there's something fun to happen - like a bonding time or giving them treats.

#5: To get attention

"Hey, I'm here! Notice me!"

You're just eating lunch at the table peacefully...

But then you see something in your peripheral vision.

And much to your surprise, it's your dog bouncing like a ball beside the table.

They might just want you to notice them. Also, they're hoping to have a piece of the meat you're eating there on your plate.

They might also do it as an invitation to play.

It's like people waving their hands to be recognized or seen. And they can't do that. So they might think that jumping is the way to do it.

It might become annoying at times. And it's said that most dogs can have this behavior.

Researchers in Iran asked 234 people about the unwanted behaviors their dogs have. And 95% of them voted 'jumping' as one of the top 3. While aggression and too much barking are the other two.^[74]

And it's a pretty smart move because who can't ignore that?

#6: You encouraged the behavior

I want you to think back on your past reactions to this behavior.

Have you screamed in a high-pitch voice when you see your dog bouncing one meter off the ground?

And do you always pet them and give them treats after?

If so, they might be doing it because you rewarded the behavior. And now, they think it's only right to do so.


Well, it's understandable because it's an adorable sight to see. And no one could resist a dog like that for the first time.

But what about the second time it happened, the third one, and so on...?

It might have also started as a habit from the beginning and turned into an attention-seeking behavior. And that's possible if the action is usually praised by you and other people.

Training in dogs is never-ending. Like how learning is the same for us, humans.

Most of their behaviors came from how their parents reacted to them. And if the action usually earns a lot of attention, they'll likely do it again to receive the reaction they want.

 **Fun fact:** Studies discovered that there could be a connection between the personality of a human and their dog. An excited furry buddy can be a result of being owned by a lively person.^[75]

#7: They're bursting with energy

One of the reasons why dogs can be over-excited is due to a lack of stimulation.

They might have overflowing energy they still haven't released all day. So it's hard for them to keep calm.

It's not a good idea to keep a dog unhappy and discontented. That's because it might result in bad behaviors.

"But I walk them every day? Am I not doing it right?" you might ask.

Yes, it's good to take them out for a stroll. But given the fact that not every dog is the same, it can be enough for some breeds but not for your fur buddy.

So, they might need to do more physical activities than walking.

Some working dogs might prefer to do more active ones like hiking or playing fetch.

They might also need to keep their brains working most of the time. This makes them focused, so it calms them down.

5 tips to stop your dog from jumping up and down

Experts say that a puppy's growth plates are still developing and constant prancing might harm them in the long run. While a full-grown adult is prone to arthritis or joint pains.^[76]

So it's best to take action to avoid those and prevent causing any trouble.

#1: Act normal

What could be better than cure?

Prevention, right?

And making your dog calm as much as possible is the way to do it.

For example, when they're so excited to greet you when you come home, you need to:

1. Be neutral every time you open the door. Don't give in to those adorable puppy eyes and pawing actions. You can do it.
2. You must control your emotions and not give them an 'excited' reaction.
3. Avoid giving cuddles when you see them.
4. Don't have eye contact with them. It's better to not face them and turn sideways. This way, they'll know that you aren't giving them any attention like you always do.
5. Also, speak in a normal tone. Don't say anything high-pitched for now. Unless they sit and give up on jumping.
6. If they're still prancing, ignore them until they settle down.
7. You may also try exiting again and entering the front door once more.
8. And if they're calm this time and their paws are all on the ground, give them some treats.

Of course, they'll be confused at first because it's not the reaction they're expecting. But if you repeat this many times, they'll learn that it's better to be still to get your attention.



Note: You should also do this if they jump before going for a walk. Ignore them and don't go outside of the house until they're on all fours.

#2: Make them “sit” instead

Next from keeping them still, is to build up their obedience.

If a dog knows how to listen to their parents, things will be so much easier.

And also, it's like a 2-in-1 package because they'll learn cues and you'll form a stronger bond with them too.

How to make them sit

If your dog already knows it, it's much better. They just need some recalls to do.

But if they don't, here's what you need to do:

1. First, you have to prepare small pieces of treats - and patience.
2. Then go somewhere quiet and place yourself in front of them.
3. Using a treat in your hand, grab their attention.
4. Make sure they're focused on the goodies you hold.
5. Next, place your hand close to their nose.
6. Slowly move it upwards towards their head. This would make them follow your hand so their bum will touch the floor.
7. Now say “sit” in an excited tone (this is an exception since you're teaching them a cue).
8. If they do that, reward them with the treat. Give them some praises too. They're going to love that - it's a motivation to make them do it again.

9. Repeat the steps.
10. When they seem to be sitting quickly, you can remove the treat. It means that they're picking it up. So just try to say the cue word "sit."

This might be fairly easy since most dogs naturally get the command.

Redirect them

Now, when they know how to sit, you just need to make them do it instead of bouncing up and down.

When it seems like they're about to do it, get their attention. You can show them a treat or a toy - whichever is more effective for your dog. Then tell them to sit.

If they listen, they'll get a reward. But if they don't, never give them attention until they obey you.



Note: While training, don't shout or push them away. Keep it positive and avoid things that'll only make them scared of you.

#3: Release their energy

An overly excited dog has a huge amount of pent-up energy in their body.

So, what's the best thing to do to de-stress?

Right! It's through exercise.

So if your pooch seems to be active like a Husky, the usual short walks in the park might not be enough for them.

You can try out some other stuff that's more challenging like catching frisbees.

And while you're on that, you can also make them do some commands like "sit" and "fetch" when they return and get the frisbee.

Agility training

If your dog is naturally a 'jumper', you might not need to discourage the behavior.

Instead, you'll train them to use it properly and hop safely.

According to AKC, agility training is a good way to socialize, exercise, and build a stronger bond with your dog.^[77]

There are so many benefits for both of you. Although it'll require more time for you as you need to be there.

You can search the web for the nearest local clubs around you. Getting a consultation with an instructor will be helpful to make sure what type best suits your dog.

Before you even try out, you can look for DIY setup plans and transform your yard.

You may start with obstacles that are not too hard for your dog. Remember that it's for warm-ups only. So don't get too serious.

#4: Tire their minds too

It's not balanced when you just wear them out physically.

And it wouldn't affect them, as they would still demand some mental stimulation.

You can give them interactive toys like puzzles which they can solve and put their minds into.

A toy with a delectable inside might get your dog's attention. You can also make this an alternative to their feeders sometimes.

By doing this, they'll be able to use their mind to get their food. And they'll enjoy it too as it gives a feeling of satisfaction.

Also, if you want a game, you can make them find the treats by sniffing.

Just make sure that it's the stuff that they want so they'll be eager to get them all.

1. Place a small treat in your one hand then show it to them.
2. If they see it, toss it on the floor while saying "*get it*" or any cue word close to it.
3. And when they've found it, say "*very good*" or "*yes*" to let them know that they did a wonderful job.

If they already know what to do, you can try an even harder setup. Like hiding the pieces of treats around the area. And make them find it while also saying the command.

By using their senses, different parts of their brain will work. And once they're tired, they won't have the energy to be hyper anymore.

Do this regularly and see improvements in your pooch's behavior.

#5: Be more social

One of the reasons why they get over excited is when they see another dog or other people.

You can go out often for a walk with your pooch while they have their leash on.

Whenever they try to pull because they see another hound, you should gently tug them towards the opposite direction.

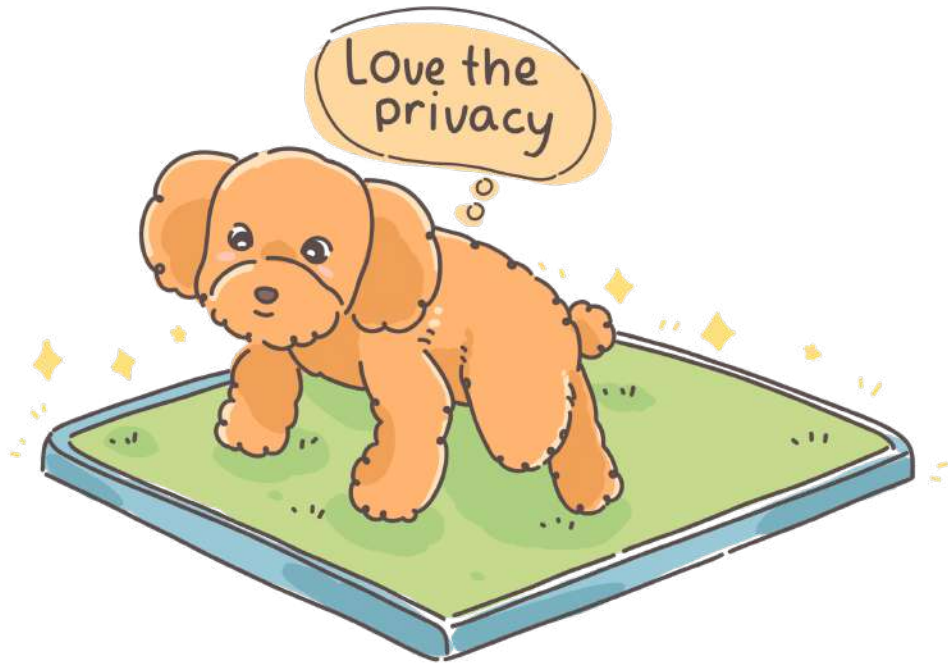
You can make them "sit" as well and offer treats to redirect their focus. And reward them too if they keep still.

Just do this until they're not too 'aroused' when they see someone.

Also, you can ask your friends or family to help you with the training. They can join the sessions and interact with your dog,

That might work better than a park filled with strangers. But it still depends on your dog.

Chapter 9: 9 Easy Tips On How To Get Your Dog To Pee In A New Place



Have you recently moved into a new home,

And now your pooch refuses to pee anywhere?

Or are you planning on switching up their bathroom?

Well, whichever your case is, it might sound like a pain in the neck.

But don't fret. There are easy solutions to your potty dilemma.

How?

Read on to find out:

- How to train your dog to pee on command.

- Why your Fido becomes ‘potty shy’ all of a sudden.
- Whether they could be picky and have specific toilet preferences.
- 9 simple tips on how to help your pooch get used to their new toilet.
- And many more...

How to get a dog to pee in a new place?

You can train a dog to pee in a new spot by cleaning their previous place, taking them to it during potty breaks, using a cue word, and rewarding them if they relieve themselves in it. It’s also important to keep your sessions short, stay by their side, guide them along the way, and be consistent.

9 tips on how you can get your dog to pee in a new place

#1: Get rid of the past

Before you make them get used to their new toilet...

Have you cleaned up the previous one?

Because if not, they may still be attracted to pee in it. And this could make training more difficult for you.

Soap and water may not be enough to remove the scent of their urine entirely.

So AKC recommends using an enzymatic cleaner instead to break down the odor.^[78]

But, you may also consider doing these solutions:

For fabric surfaces:

- 1 cup water
- 1 cup white vinegar
- 2 cups baking soda

For wood flooring:

- 1/2 cup white vinegar
- 1 gal. warm water



Note: Leave it for about 5 to 10 minutes to completely remove the scent.

#2: Pick an ideal spot

If you're decided to train them to pee in a new yard, choose a certain part that's away from human traffic. The same also goes for the location of potty pads.

Also, consider their preferences if they have any.

For example, pick a grassy area on the lawn if your dog likes to pee in it. Or have fake grass inside your house instead.



Note: If they don't go in there for potty, make it smell familiar. The next time they pee somewhere, collect some using paper towels. Then put or wipe them on the new spot to attract them.

#3: Make it a first thing habit

Even if all the preparations were made, they still wouldn't go in there without your guidance.

So every morning, walk your pooch to their new toilet. Then let them sniff the area.

But, put a leash on them during the first weeks. Because you can't teach them to pee in the place you want if they're free to roam.

Do it until they understand that it's where they should go if nature calls.



Note: This could take a while. And if it's the first time, they may not pee immediately in it.

#4: Timing is important

You also need to be aware of your Fido's potty breaks.

When does it usually happen?

Because those are the perfect times to teach them.

In dogs, it's typical for them to pee after:

- Waking up.
- Eating or drinking.
- Walking or playing.

Don't do it right away after meals. Wait for about 5 to 30 minutes, according to experts.^[79]

But a puppy may not hold their bladder for as long as that. So take them to the toilet asap.

You should also...

Know the signs

Aside from assuming their usual peeing position, watch out for these common indicators:

- Whining.
- Pawing or barking.
- Sniffing on the ground.

- Standing in front of you.
- Pacing back and forth at the door.

#5: Associate potty with a command

It's also important to have a cue for potty breaks.

By doing this, you may not need to wait for long hours for them to pee. As you can make your dog do it on command.

Plus, they can do it anywhere.

It can be "go pee!", "hurry!" or whatever rings best with your dog. And when you say it, keep your tone bright and excited.

Capture the moment

This is not about taking photos of your pooch while peeing. (*Your doggo: "Privacy please!"*)

To make the cue word more effective, you should say it only when they start urinating. Because you'll lose the magic of it whenever you say it at the wrong time.

Also, be careful not to repeat it many times, for you might overwhelm your Fido.



Note: For this reason, be aware of the signs listed earlier to catch them right when they're about to pee-pee.

#6: Stay by their side

While you're training them, stand near the area and don't leave them alone.

I'm sure they won't mind peeing while you're there. Because they can't feel shame, according to science.

But, they won't figure it out on their own without your help.

So to make them learn faster, supervise them. And continue doing it until they know to go there in command.

#7: Reward them generously

Whenever your pooch pees on their new place, reward them by giving yummy treats. And don't hold back on your praises.

Say them as enthusiastically as you can. And you can also give them a belly rub or pat on the head.

Also, if their toilet spot is outside, avoid going back right after they eliminate.

Let them play there for a few minutes as a reward. You can make them fetch their favorite toy or catch a frisbee.

Upgrade your prizes

If your Fido knows the command and routine very well, try leveling it up.

How?

Give them a more high-value treat when they peed faster than usual. Like a piece of meat, cheese, or frozen kongs with peanut butter.

This will be a new challenge for them. And it'll also help improve their newly learned skills.

#8: Keep your trips short

If more than 10 minutes have passed and your pooch seems to have no intention of peeing, return right away.

You can try it again next time. Or after 10 to 15 minutes.

"But why? Isn't it best to wait until they do it?"

Not forcing your dog to pee is good. However, they should learn that they need to relieve themselves as soon as they go there.

#9: Be consistent

Once you've picked their new place, stick to it. As well as your potty breaks schedule.

Do this consistently, as you can go back to step 1 by skipping once.

So, hang on. Your efforts will be all worth it in the end. And you'll solve this potty dilemma.

Why won't my dog pee in another place? 9 reasons

#1: They feel unsafe

Your pooch refuses to pee outside.

And they also look at you with a concerned face.

"Is my dog being shy?"

It may look like it. But nope.

Experts say canines don't feel shame like humans do. As well as guilt and pride.^[80]

Remember, they don't feel embarrassed when other Fidos smell their bum. Or if they lick their private parts in front of you.

"So what's the meaning behind their 'embarrassed' expression?"

It's most likely fear.

Are they recently adopted? Or are you in a different place?

Whichever it is, they may not trust their surroundings yet. And this is why your dog won't pee in a new environment.

Relieving themselves makes them vulnerable. So they need to feel safe first to do it.

This is why they may look at us while doing it. It's like they're telling us to watch their back while they go potty.

Another thing, is your Fido only used to pee indoors?

If so, the noises outside could be stopping them from peeing.

Many cars are honking and passing by. And there are kids running and other canines wandering that could be scaring them.

#2: There are no familiar odors

Your pooch keeps sniffing their new toilet spot.

They've been doing it for a few minutes now. But they're still not doing their business.


"Why's that?"

It might be because it's spotless.

I mean, there are no traces of pee or poo on it. And for canines, it could mean that they're not safe or welcome to do their thing in it.

Dogs sniff the ground before peeing, right?

It's because they're also trying to know whether they used it as a toilet before or not. And they're checking if other doggos have done it before as well.

 **Interesting fact:** Do you know that Fidos produce a foul-smelling liquid every time they eliminate? This fluid holds their identity like an ID based on studies. And it helps in communicating with other canines and marking territories.^[81]

#3: It has a different texture

"Hmm. I've never peed on something like this before."

It could also be that the new surface is stopping them from passing water.

Your Fido might be used in peeing outside on the grass. So they find it hard to empty their bladder on gravel or concrete flooring.

Even an artificial turf feels different from real grass. Not to mention the unique scent that actual plants give off.

Or, it can be the opposite. This case is more common in pups who came from breeders.

They might be used to peeing in wired cages or cold concrete. And grass could be an unfamiliar surface for them.

#4: Negative association

Your dog might also have been punished for urinating in such places before.

So now, even if you command them to, they're too afraid to do it.

National Geographic says our furry friends forget things as early as 2 minutes. However, they're good at associating, and this lasts more.^[82]

If something terrible happened in a specific area, let's say, a vet clinic. Bring them there again next time, and they'll be scared.

But it's not because they remember exactly what happened that day. It's just that their associative memory will remind them of the fright they felt.

#5: They're too distracted

"Sniff...sniff..."

What's this nice smell?

Oh, and look! I've found some chewy bones too!"

Sometimes, your Fido can be so distracted that they forget what they're supposed to do.

There could be a lot of interesting scents around. Or they've found traces of food on the ground.

#6: They were used to peeing freely

Putting a leash on dogs can also make a difference.

Your pooch could be used to roaming around the yard without it. And they were only asked to go inside after they finished doing their business.

So now that they have a leash on, they can't seem to do it anymore.

#7: It's the training

"Wait, hooman."

Are you trying to make me a bad boy/girl?"

Canines are creatures of habit. They learn things effectively if they're repeated and consistent.

So if your pooch is well trained only to pee indoors, they'll be confused if you make them do it outside. And vice versa.

If this is your case, it's only normal. And you did a great job teaching them to go potty in a certain spot.

But with training and constant exposure, they can also get used to peeing in other places. :)

#8: They're used to potty pads

"I want my pee-pee mat!"

If you have a puppy and they've been used to peeing on potty pads, it might also be a problem.

Come to think of it.

They've been relieving themselves conveniently for months now. Then suddenly, they're asked to walk a few steps outside and pee.

It can be such a hassle. Plus, they're not used to it, so they'll be hesitant at first.

#9: It's raining outside

"Can we do it when the sky's clear, mom/dad?"

In other cases, it's not the place but the situation they're in.

So how's your pooch with rain?

If they dislike it and refuse to go at other times, they'll likely do the same even if they have an urgent call of nature.

They might be thinking, *"I'd rather hold my piss for a few hours than getting wet."*

But wait, how long can dogs hold their bladder?

It depends. Some can bear not to pee for 10 hours or more. While others couldn't hold it for longer than 4 hours.

Research says the smaller their body is, the more frequent they need to pee. And this is because their bladder is also compact, which gets full quickly.^[83]

Every hour, an adult canine releases 0.06 fl. oz. (2 ml.) per their body weight based on a study. And it's equivalent to 40 drops of water.^[84]

So an average-sized German Shepherd with 88 lbs. (40 kg.) will have 65 fl. oz. (1,920 ml.) of urine per day. And this is around 7 to 8 cups.

Is it bad for canines to do this?

Dogs won't get UTI by holding their pee alone. But, it can raise the chances of bacteria and toxin build-up in their bladder and kidneys.

Also, it can affect and weaken their bladder muscles.

So, if they need to go potty, it would be best to do it right away.

How to get a dog to pee in a new yard?

You can get a dog to pee in a new yard by walking them to it every day, letting them sniff the area, and guiding them where to do it.

When they do relieve themselves, reward them with treats and playtime.


However, since it's a big area, choose only a certain spot.

The rear corner would be a nice place for a dog to pee outside as it's far from any walkways.

Then:

1. Put a leash on them first.
2. Take them out and guide them to their new 'toilet spot.'
3. Then stand still and let them sniff around.
4. Wait for a few minutes.
5. When they're about to pee, say a command (e.g., "go pee!").
6. Then give them lots of treats and praises once they're done.

Don't leave them unattended until they learn to go there on their own. And make them pee first before doing anything else.

 **Tip:** If they're still hesitant to go in there, make your yard smell a bit. Invite other doggos over. Or get some of their pee using paper towels and spread the scent in the area

How to get a dog to pee in a certain spot?

You can get a dog to pee in a certain spot by taking them to it, using a cue word, making it smell familiar, and giving them rewards.

So how can you teach a dog to pee in one place?

1. First, clean up the area where they used to go potty. This is to avoid confusion as Fidos can smell themselves and pee in it again.
2. Attract them to it by making it smell familiar.
3. Collect some of their pee using tissues, then rub it on the specific spot.
4. Take them to it every potty break.

5. Make them stay there for a while.
6. Then right when they start peeing, say the cue word.

“But how can you teach a dog to pee in the right place?”

You can reinforce the behavior with rewards.

Offer them yummy snacks and say lots of praise. They'll appreciate it and will be motivated to do it again.

How to get a dog to pee on fake grass?

You can get a dog to pee on fake grass by walking them to it repeatedly and rewarding them whenever they sniff it.

If they were used to pee in the grass outside, you could put the artificial turf there first.

Make them go potty on it. And move it gradually until they know it's the right place.

How to teach a dog to pee on fake grass:

1. Introduce them to it. When they sniff or check them out, give them a treat.
2. You can also wipe some tissues with their pee on it to make it smell like them.
3. Walk them to it several times a day.
4. When they stop and assume the pee position, say a command.
5. Shower them with praise and treats after they go potty.

How to get a dog to pee when travelling?

You can get a dog to pee when travelling by teaching them how to do it in command first. Then, make them go potty on different surfaces. Say concrete floor, wood, grass, or stones.

But why?

Some Fidos may find it hard to pee when they encounter a new texture. So let them explore outside and make them go potty there.

This would be helpful if you're in a completely different place. Or if you need to make them pee as fast as they can.

How to get a dog to pee on command?

You can get a dog to pee on command by training them first thing in the morning, being consistent, and rewarding them.

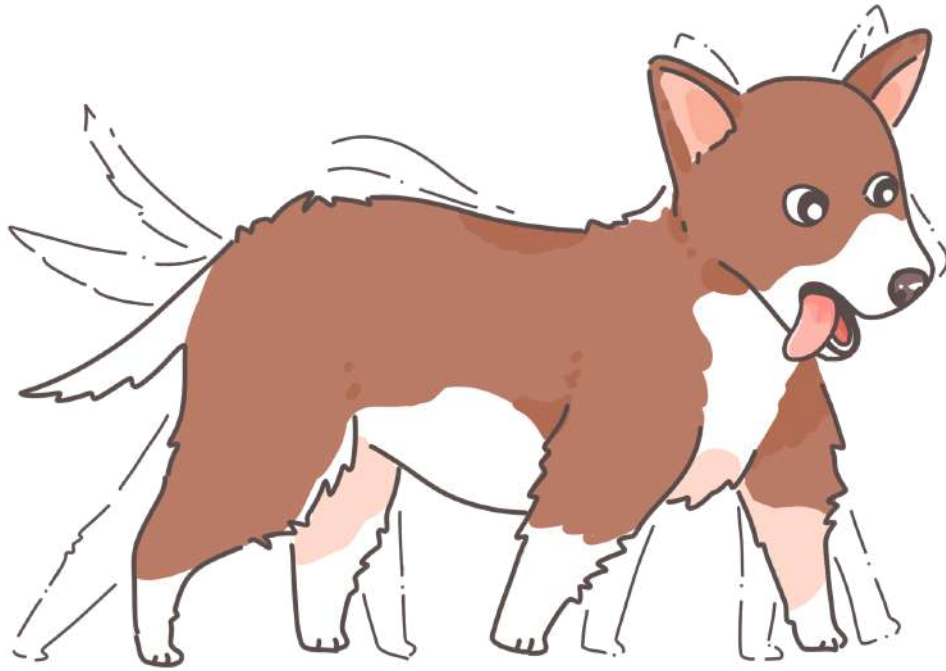
So how to teach a dog to pee on command/demand?

1. Do it daily after they wake up. (*It's the perfect time for a potty break.*)
2. Go to the spot and wait for them to do their thing.
3. When they're about to pee - lift their leg or squat, say the command lively.
4. Before you praise them, wait until they finish to avoid startling them.
5. Give them treats in the end.



Note: Keep doing this every day and always say the cue at the right time for fruitful results.

Chapter 10: 17 Reasons Why Dogs (Suddenly) Act Crazy + Dangers & Tips



The world's gone mad.

You're going insane because your dog's acting crazy lately.

Uh-oh!

Looks like someone needs help.

Don't worry. In this chapter you'll discover:

- When you should visit a vet.
- 23 scenarios of dogs acting weird.
- 17 reasons why your pooch acts crazy suddenly.
- What you should do to stop your dog from acting out.

- And much much more...

Why is my dog acting crazy (all of a sudden)?

Your dog's acting crazy because they're getting stressed by a certain situation or from having physical pains. Therefore to relieve themselves, they'll do unusual behaviors. This is a normal reaction for dogs whenever they get overwhelmed.

17 reasons why your dog (suddenly) acts crazy

#1: It's a 'normal' dog breed behavior

Dogs have different personalities.

There are certain dog breeds that like to do activities normal dogs don't usually do.

Take a look at the German Shepherds. They're known as a herding breed.

So there may be times when they'll walk in circles around you – like they're attempting to 'herd' you.

Another example are the Huskies.

They're very active pooches who enjoy howling and running as fast as they can.

These breeds may behave in a certain way according to how they're raised and their breeding.

And because of that, we misunderstand them as if they're 'acting crazy'.

#2: Anal problems

"My butt's killing me. Help me, mama!"

You panic as you look at your pooch run like crazy and then scratch their butts on the grass.

What's happening?

According to PetMD, your dog is behaving this way because they might be having:^[85]

- Worms.
- Tumors.
- Skin allergies.
- Impacted anal sacs.

Dogs scoot their butts to relieve themselves of itch. But if they do this excessively, you should have your pooch checked.

#3: Food poisoning

When dogs eat human foods they're not supposed to eat, they'll act crazy. And in more serious cases, this can even lead to their death.

So what are the foods dogs aren't allowed to eat? Here are some of them:

- Avocado.
- Chocolates.
- Onion and garlic.
- Macadamia nuts.
- Grapes and raisins.
- Caffeine such as coffee.

"Oh, no!"

What will happen if my dog accidentally eats these things?"

Dogs who have consumed the foods mentioned above may experience food poisoning. You should be on the lookout for the following symptoms such as:

- Tremors.
- Diarrhea.
- Convulsions.
- Excessive drooling.
- Difficulty in breathing.

#4: Sudden changes in their environment

Children throw tantrums whenever they're scared.

If they change their house or school, they'll cry or throw a fit because they're nervous and uncertain.

Your dog's just like that.

They may also feel uncertain if there's a recent change in their surroundings. Like a new dog, a member of the family, or a new sleeping arrangement.

Now, if your dog can't cope, they'll become so stressed that they'll begin to act crazy.

They'll do unusual activities for comfort.

Your pooch may chew on furniture, eat random stuff, and develop weird habits.

#5: Over-arousal

Oh, this doesn't mean being aroused sexually.

Over-arousal pertains to being overly excited or active.

Aroused dogs have that happy look. Their eyes are bright like a star with their tongues sticking out.

They'll also jump around, pant, spin in circles, and run back and forth. It'll be impossible to make them settle down.

The body of an aroused pooch will also get shaky. And their heart rate will get high.

"Wait.

What's the cause of this again?"

The answer is too much sugar in their diet. This causes their blood glucose level to increase, making them hyperactive.

#6: They're territorial

Whenever you have a visitor, your dog acts crazy.

They jump on them, chase them around, and bite on their coats.

And because your guest's scared out of their wits, they decided to leave your house pronto.

"Now, this is why we don't get visitors!", you tell your dog.

The reason why your dog behaves this way is because they're being territorial.

Although this trait is common in dogs, you must still be cautious.

Correct this behavior asap.

Your pooch can become aggressive and dangerous in the long run. Not only to your visitors but to you as well.

#7: Aggression

Your dog snarls, growls, and snaps at you.

Woah!

Looks like you've got an aggressive dog.

Be careful with dealing with them, though. As mentioned earlier, they can become dangerous if their behavior isn't corrected.

So what causes a dog to become this way?

There could be certain triggers why your dog will suddenly act crazy aggressive.

It may be whenever they see strangers or when they cross paths with other dogs.

#8: Hyperkinesis

First things first.

Hyperkinesis isn't the same as being hyperactive and aroused.

Sure, these conditions make your dog impulsive.

And they give your pooch high levels of energy that make them act a little bit crazy.

But Hyperkinesis is a more serious condition. This can also cause your dog to:^[86]

- Be harder to train.
- Have poor social skills.
- Become aggressive when stressed.
- Do attention-seeking behaviors repeatedly.

#9: Pica

Your dog's been acting crazy. They're always vomiting too.

One time, you caught them doing something behind your back.

They're eating dirt and rocks.

By the look of how fast they're eating them, it seems like they're doing it for a long time.

Hhhmmmm...

Seems like your dog has Pica, a compulsive eating disorder.^[87]

This makes your dog eat non-edible items. Like rocks, dirt, socks, and even poop (their own and other animal's stools too).

It's a medical condition that's often caused by nutritional deficiency, stress, and internal parasites.

#10: Dog dementia

Your lovable dog has changed.

They've become grumpier. They snap at you, bark at imaginary things, pace in circles, and they poop around the house.

Why's your sweet pooch acting crazy?

Your dog may be having symptoms of Canine Cognitive Dysfunction, a.k.a dog dementia.

It's a brain degenerative condition that usually occurs in older dogs. This makes them do unusual things they didn't do before.

#11: They don't go out enough

Dogs who have nothing to do lash out by acting crazy.

That's because they're meant to run around and play in wide spaces.

And when they get cooped up inside the house for a long time, your dog will misbehave.

They may get cranky if I must say.

And because they have all this energy in their body, they try to expel it all out once they're outdoors.

This makes dogs difficult to walk. As they'll pull on their leash to try to get in every direction all at once.

#12: To burn off excess energy

You just run around the whole neighborhood with your dog.

Even climbed half a hill.

"So why the frig is my dog still acting crazy before sleeping?"

Oh, it looks like your pooch is burning off their excess energy!

Nothing to worry about here, dear. This one's normal in all dogs.

When they're too tired, dogs like to burn off every last bit of the remaining energy they have left.

Try to think of it as a kid who cries before they go to sleep. Get what I mean? :)

#13: Zoomies

Have you ever seen your dog run like crazy? And sometimes they do it in circles, too?

This is called the *zoomies*.

It's the sudden bursts of energy your dog experiences whenever they're too excited.

For example, if you let them out of their crate, they'll get the zoomies because they're excited to go out.

It's like having all this energy pent-up, and your pooch is waiting to unleash it in just one go.

#14: High-level stress

Your pooch will also act crazy whenever they're in a very stressful situation.

If they came from a vet, or after you took them for a bath, your dog can also get the zoomies.

The reason for this is that they get anxious. And the only way to relieve themselves of their stress is by running.

Well, it's possible that they do this because they're trying to escape from you too.

Just kidding!

#15: Fear of sudden noises

Every New Year's Eve and 4th of July, you prepare yourself.

"It's gonna be a long night!", you tell your pooch.

These times of the year are when your dog acts like *craazzzzzyyy*.

They tremble, whine, howl, and bark non-stop.

What's the reason behind this?

Dogs have sensitive ears. Their hearing capability is so much louder compared to us humans.

Therefore, the sound of fireworks, vacuum, drilling, thunderstorms, and other loud noises are deafening to them.

They get scared. And some dogs may even develop phobias from them.

#16: Body pain or injury

Your dog's limping around and whimpering. And when you try to touch or carry them, they growl and snap at you.

Oh, my!

It looks like your poor pooch's in pain.

In this case, you have to take them checked-up at once.

#17: Crazy's funny

Your pup barks at their reflection. They also love to chase their own tail and jump on their shadows at night.

Watching them do these things can be really entertaining!

Everyone's laughing. And your dog's enjoying all the attention.

Your dog's getting a positive reaction from you and the other members of the family. So in their mind, they think of these crazy behaviors as a fun activity to do.

What to do about it

There are many reasons why your dog could be suddenly acting crazy.

To stop this behavior, you must first find out what's causing them to do it.

Do they get weird whenever they're stressed or excited?

Look out for signs and symptoms, if there are any.

And if you can, reduce their exposure to what's triggering them.

When to go to the vet

Self-diagnosing isn't as accurate as having a professional's advice.

If your dog is showing symptoms of a disorder or a medical condition mentioned below, go to the vet.

- Shaking.
- Vomiting.
- Panting heavily.
- Becoming lethargic.
- Difficulty in breathing.

23 scenarios of dogs acting crazy

#1: Dog acting crazy at night

After an exhausting day, it's finally time to sleep.

Sighhh....

But wait, your pooch's not ready for downtime yet.

They're still chasing invisible flies, running amok, digging for gold, and singing the song of their ancestors.

"For Pete's sake..."

Go to sleep, doggo."

Certain factors could make your dog hyper and act crazy at night. Did they just eat before bed?

It's also possible that there's too much sugar in their food.

Or they just exercised and they want to burn off some more energy.

To make your dog calm down during nighttime, schedule their feeding time hours before they sleep.

Also, check your dog's food label. Empty calorie-sugars can make your dog hyperactive at night.

#2: Dog acting crazy after neutering

Contrary to popular belief...

Some male dogs will not get rid of their aggressiveness as soon as they're neutered.

In fact, one of this treatment's side effects is reawakening a dog's aggression.^[88]

Your dog may also experience side effects and other behavioral changes such as:

- Hyperarousal.
- Fearful behavior.
- Snapping at you when you come close.

These effects will only last a short period. After that, your pooch will go back to their lovely and jolly self.

To help them heal faster, you must keep their safety cones on.

And always observe them if they show physical symptoms.

Check if their incision is inflamed, bleeding, or having any discharges.

#3: Dog acting crazy running around

You get dizzy watching your dog run.

They're going back and forth and in circles. With a combination of jumping up and down.

Thankfully, this only lasts for some minutes. Then they'll be back to being calm.

Your dog does this because they're getting the zoomies or a.k.a the Frenetic Random Activity Periods.

It's sudden bursts of energy that can drive your pooch a wee bit crazy at times.

So what causes this?

- Over-excitement.

- Being in a stressful moment.
- Having been confined in a crate for too long.

To limit your dog's zoomie episodes, you mustn't confine them in their crates for too long.

For puppies, 3 to 4 hours is the longest time they can be inside it. This is because they can't hold their poop and pee for longer than that.

To keep your dog calm, make sure they get enough exercise outdoors.

Therefore they wouldn't be too excited every time they get the chance to go outside.

#4: Dog acting crazy after flea treatment

You wonder why your dog's acting very strange every time they come home from flea treatment.

"Is this because of stress?"

Not quite. Is your pooch showing other symptoms such as:

- Muscle tremors.
- Drooling and salivation.
- Excessive scratching and licking.
- Rolling on the floor and running around.

If they are, your dog may be having skin allergic reactions to the anti-flea treatment.

Or they don't want the smell of the product that was used on them.

Now, if your dog is showing serious symptoms, this could be a case of flea product toxicity or poisoning.

When this happens, you need to take your dog to the nearest vet or poison control center immediately.

#5: Dog acting crazy after grooming

Unlike humans, dogs don't like it much when they're being groomed.

Their fur's removed or cut. Making them uneasy and cold during nighttime.

Strangers touch and manhandle them. (There are even some groomers who also hurt dogs when they disobey.)

A reason why grooming can be traumatic for them.

No wonder your dog's acting crazy. The experiences mentioned above can stress anyone out.

But grooming is an important thing for dogs.

So to help them, don't leave them alone when they're being groomed.

As long as they can see you during the process, they'll feel secure.

#6: Dog acting crazy and itching

Your dog's been acting funny.

They're scratching their butt and back on the walls, on the grass, and even at you.

"What gives, doggo?"

Some dog products that you might be using may be irritating your dog.

This makes them itch, and it leaves a burning sensation on their skin.

In more serious cases, they could also have allergic reactions. Look out for the following symptoms:

- Itchy eyes.
- Constant sneezing.
- Difficulty in breathing.
- Swelling of the parts of the face.

To avoid skin allergies, make sure to use hypoallergenic products when grooming your pooch.



Note: If your dog's showing the severe allergic reactions mentioned above, take them to the vet at once.

#7: Dog acting crazy before labor

Based on how your pooch's nesting, you know that they'll go into labor anytime soon.

They're restless.

Plus they scramble on their bed, finding ways to make it more comfortable.

They may also try to move their nest to a different location. If this happens, you mustn't touch it or try to move it.

Anytime soon, they'll also begin to shiver uncontrollably.

While these behaviors are normal, you must still check on them and be on stand-by for signs of labor.

To lessen your dog's stress during this time, stay as calm as possible.

#8: Dog acting crazy after vaccines

Side effects are pretty normal after vaccinations.

According to PetMD, your dog may become lethargic. They could have soreness in their body part where the vaccine was administered.^[89]

They may also sneeze and sniffle if they were given nasal sprays.

Observe your dog now and then for more serious reactions such as:

- Difficulty in breathing.
- Vomiting and diarrhea.
- Loss of balance because of nausea.

If your dog's reacting to vaccines in every appointment, ask their vet if it's possible to skip some vaccines.

#9: Dog acting crazy after eating chocolate

Eating chocolate is bad for dogs.

The darker the chocolate is, the worse are its effects on your pooch.

Your dog could experience:^[90]

- Vomiting.
- Shaking and seizures.
- Panting or difficulty in breathing.
- A sudden surge in energy that'll make them pace around.

So what do you have to do in case your dog consumes chocolate (or any food they're toxic to)?

Take them to the vet immediately once they show the first signs of food poisoning.

#10: Dog acting crazy lately

There are several reasons why your dog could be behaving crazy lately.

It could be stress or they're feeling some kind of body pain. In this case, you must observe your dog first.

Know what's bothering them and what's triggering them to act crazy.

Only then will you be able to give them the proper treatment they need.

#11: Dog acting crazy during heat

During the mating season, dogs are uncontrollable.

They're sex-crazy.

They won't listen to you, escape from your house, and come back when they're mated.

Twice a year, female dogs go to the heat cycle (estrous). The scent from their urine attracts male dogs as an invitation to mate.

During this time, male dogs may get aggressive. They could also get obsessed with looking for the female dog who's in heat.

To control this behavior, have your dog spayed or neutered.

#12: Dog acting crazy and throwing up

It's common for dogs to vomit. They do it whenever they ate too much food or after they munch on some grass.

What's not common is when your dog's acting crazy and throwing up at the same time.

If this happens, they may have ingested something they shouldn't have.

Or they may be experiencing an allergic reaction causing them to pace around and paw at their face.

It might also be a symptom of a medical condition. Like gastrointestinal problems or acid reflux.

Dogs who are not treated straight away may experience the following:

- Fever.
- Weight loss.
- Dehydration.
- Abdominal pain.
- Decrease in energy.

If your dog is experiencing any of the symptoms mentioned above, you can try fasting on your dog for 24 hours.

Don't offer them any food. They can only drink water.

#13: Dog acting crazy after bath

There's a long list of all the things your dog hates. And chances are, taking a bath is on top of that.

They look at grooming as a high-level stressful activity.

After bathing them, your pooch will run around fast, go in circles, and shake their fur.

They'll even roll in the grass or the mud just to get rid of the shampoo smell in their body.

Thus making them dirty again.

“Oh no!”

To control your dog's zoomies, keep them inside the bathroom and blow-dry their fur. Let them calm down first before you release them.

#14: Dog acting crazy all of a sudden

Getting crazy is a dog's specialty.

I mean, they're typically born with that personality.

But this behavior can be alerting sometimes. Especially when their crazy actions lead to becoming a dangerous pooch.

If not corrected, they may develop destructive behaviors such as:

- Biting.
- Attacking.
- Jumping on people.
- Growling and snarling.

If your dog's acting crazy, you must first find out what's causing them to behave this way.

Is someone being aggressive towards your dog, and they act this way to defend themselves?

Or is it because a person or another dog is in their territory?

When this happens, the first thing you need to do is to calm yourself. This is the key to making your dog calm down too.

If you can, remove the trigger, or move your dog away from it.

And to make your pooch calm down, sit beside them and massage their ears in a circling motion.

#15: Dog going crazy after a walk

You've heard that exercising your dog will lessen their chances of acting crazy.

That's why you took your dog on a long walk. And when you get tired, you let them run beside you while you roller skate.

"Why the heck are you still acting up?", you ask your dog.

You sigh in resignation as you look at them running around and tackling every piece of furniture in your house.

There are possible reasons why your pooch may still behave this way.

First, they're annoyed that their playtime with you is over.

And second, there's still some energy left in their body that they need to expel before they sleep.

An effective way to stop your dog from behaving this way is by distracting them.

You can give them a toy they can play with once they get home.

Or you can schedule their feeding time after exercise. This will redirect their attention to eating instead.

#16: Dog going crazy panting

After some exercise, it's normal for dogs to pant.

"But my dog hasn't exercised for today yet."

Why are they panting like crazy?”

Uh-oh!

If your dog’s panting heavily, then this may be a serious medical concern. According to WebMD, your dog could be experiencing:^[91]

- Poisoning.
- Heatstroke.
- Respiratory problems.
- Chronic illnesses such as heart failure.

When this happens, you need to observe your dog closely.

Check if their tongue’s color has changed to blue or pale white. This is an indicator that they’re losing oxygen.

Take them to the vet immediately once their pants become alarming.

#17: Dog going crazy on the snow

Who doesn’t enjoy the snow?

Kids, as well as adults, love it. So it’s not surprising at all that dogs will go crazy for it.

It’s soft, fluffy, and cold, making it ideal for a playing area.

Dog breeds like the Siberian Huskies and Alaskan Malamutes are total suckers for snow. That’s why they’re known for being sled dogs.

But be careful.

If your dog isn't used to playing in the snow, they may have frostbite and hypothermia.

#18: Dog going crazy barking at nothing

Sometimes you wonder if there are ghosts in your house.

Because, well, your dog barks at nothing, especially at nighttime.

But there's no one else in the house. Just the two of you.

The reason behind this isn't because there are spirits in your home. Maybe, the little culprit here is much smaller than what you have in mind.

Dogs are natural predators. And at nighttime, they may enjoy playing the hunting game.^[92]

It's possible that there are insects and vermin in your house.

There could be termites hiding behind your walls that only your dog can hear. Or mice that run around when you get to sleep.

#19: Dog going crazy licking everything

Dogs may crazy lick on things when they're feeling nauseous.

Or it could also be because of the following things:

- Separation anxiety.
- Nutritional deficiency.
- To relieve mouth pain.
- Gastrointestinal problems.

#20: Dog going crazy in crate (kennel)

Housetraining is important for every puppy in a household.

During this time, dog parents keep their dogs inside their crates. This is to train them not to go potty or urinate inside the house.

“But what will I do?”

My pup goes crazy when I put them inside the crate?

They whine and bark non-stop.”

It seems like your dog is scared of being confined. In this case, you have to condition them that being inside it isn't so bad.

Make their crates comfortable by leaving their favorite blanket there. You can also leave them with toys and treats they can munch on.

#21: Dog going crazy on leash

Dogs get uncontrollable on a leash when they're not exposed to outdoor activities much.

That's why they tend to become overwhelmed with everything they see and smell.

The problem here is when they get so crazy that they'll attack other dogs they meet on the way.

They could also jump on joggers and other people on bikes.

So to avoid this problem, you must exercise your dog daily. Take them outdoors as often as you can.

By exposing them to other dogs and people, you'll develop their social skills too.

#22: Dog going crazy at 6 months

If you think puppies are crazy, you haven't seen a dog in their 'puberty' stage yet.

They'll test your boundaries.

"How much can I eat?"

"How much can I destroy before my human gets angry?"

In this life stage of your dog, you must correct and train them properly. Or else they'll misbehave further once they get to adulthood.

#23: Dog going crazy with cone

Imagine having a cone around you restricting your movements.

Not very comfortable, is it?

Your dog thinks the same way. After treatment, your dog wants to be as comfortable as they can be.

But the cone that's blocking their way is making them stressed and uneasy. So they do all sorts of things to try to remove it.

They'll roll around the floor, paw on it. And even attempt to bite on it.

Well, the only thing you can do about this is to distract your dog.

Play with them or give them challenging toys to keep them busy.

Chapter 11: 13 Best Self-Control Games For Dogs



You want your pooch to learn self-control.

But most dog training looks so boring. Or too difficult.

So why not make things fun and easier?

Well, perfect timing.

I prepared the finest ideas for you and Fido.

So get ready...

Your dog's about to play the best self-control games.

Keep reading to find out:

- 1 helpful impulse control game for anxious dogs.

- 3 easy steps to make Fido relax during their walks.
- 13 best self-control games for dogs (#7 and #13 are fun).
- And many, many more...

#1: Say “*please*”

When you work hard for something...

It makes you value your achievement even more.

Now, that’s something your furry friend needs to learn.

And you can teach that to Fido with a game called: *learn to earn*. Or it’s also known as “*Say please.*”

So here’s how you can do it:

Whenever your pup wants to do something...

They need to sit first.

Here’s an example. Let’s say Fido’s asking for a toy.

If that happens, some dogs might bark at you demandingly. As if saying:

“Hooman, let’s play right now.” Then your dog jumps around excitedly.

So, to teach your pup some self-control...

Don’t give what your dog wants

Instead, wait for Fido to sit down. And when they do, praise them for it.

After that, give your furry pal the toy that they want.

Moreover, you can apply this to anything your pooch does.

Say your dog wants to go outside. In that case, wait until they sit first.

With this, your hyperactive dog will learn how to calm down.

And this becomes Fido's way of saying:

"Look, I'm sitting down. So can we play now? Pwease?"



Note: You can use your dog's other gestures too. So it doesn't always have to be "sit first." After all, some pups might prefer laying down instead.

Now, just repeat this game until your pup masters the good habit.

#2: Teach your pooch to drop it

If your dog loves picking up things they're not supposed to...

This next game will stop them.

First, you need to teach Fido the cue: *"Drop it."*

To do that, just follow this easy 4-step guide:

Step 1: Find something that your pooch would like

So, it could be any kind of toy.

Just ensure that it would get your dog's interest.

And before you go to Fido...

Prepare some treats to use in the next steps.

Step 2: Go to your pup and show them the item

Now, wait until your pooch picks up the new toy.

Once your dog grabs the stuff...

Get the treats that you prepared. Then place those goodies on the side of the floor.

With that, Fido will leave the toy so they can eat.

And while your pup munches on the treats...

Take the toy that your dog just dropped.

Step 3: Give the new item back once your dog's done eating

This trains your pup to get excited when they see you.

And if you keep this up...

Fido will quickly drop what's in their mouth when you enter the room.

Step 4: Show your hand and tell your dog to *"drop it"*

Once your furry pal masters steps 1 to 3...

You can now teach them the command. To do that, just offer your hand to Fido. And then say: *"Drop it."*

Now, your dog will let go of whatever's in their mouth.



Note: Do this game until your furry pal learns to drop things instantly.

That aside, this fun play is also great for pups with unwanted habits like:

- Digging.
- Chewing.
- Stealing things.
- Eating non-food items.

#3: Leave it

Some Fidos can be too impulsive.

So let's fix that habit with a game called: *leave it*.

Now, there are many ways to play this training.

But here's a simple method instead:

Step 1: Put Fido on a leash and prepare some treats

Then, you have to place the yummy snack far from your pooch.

With this, their nose can still pick up the enticing scent.

So expect your furry pal to start pulling the leash.

Step 2: Hold your dog back and tell them to "leave it"

Wait until Fido stops pulling on the leash.

Once they start calming down...

You can give your pup another treat. But it's not the one that you placed far away.

Now, just repeat this as long as needed.

And once your dog doesn't run after the treat anymore...


Step 3: Make it more challenging

This time, take Fido closer to the snack you set on the floor.

If your pooch starts getting excited, wait until they calm down.

And if they stay relaxed the whole time...

You should reward Fido for their self-control.

 **Tip:** You can try this with a person too. Instead of a treat, hold your dog back if they want to jump on someone. When Fido behaves, give them a reward.

This is helpful if your furry pal gets too friendly with other people.

#4: Relax on your mat

Do you often have guests in your home?

This game will teach Fido to behave around visitors.

First, prepare a mat and place it on the floor. You could also use a blanket.

Now, let your dog take a look at it. If Fido shows any interest in the mat, give them a treat.

This would make your pooch think:

“Wow, this magic carpet helps me earn treats. I’ll stay on it then.”

That aside, you can make things more challenging too.

For example, move the mat to another room.

Then tell your pup: *“Go to your blanket.”*

Or you can also use other signals like: *“Relax on your mat.”*

If your dog follows your command, give them a treat again.

And just keep this up until you’re happy with the results.

#5: Wait for your food

Most dogs seem like they only care about food.

Well, you can use that idea to your advantage.

And here’s how to do it:

Hold your dog’s food bowl up

Ensure that they can still see what’s in your hand.

Now, slowly lower their food while saying: *“Wait for it.”*

And if Fido stays still, give them a small treat. That shows you’re rewarding their patience.

But don’t give them their full meal yet.

If your dog moves from their spot, raise the food bowl higher

This shows your pup that they need to stay patient.

Now, you have to repeat this until Fido’s meal reaches the floor. And that would only happen if they stay calm.

But once you reach that point of success...

Don’t forget to praise your pooch. And give them a treat too.

Also, you can level up this game by doing the following tips:

- Make your dog wait longer.
- Try using distractions like toys.

#6: Tug of war

Many Fidos love tug-of-war. And you can use that to train your dog.

So let's begin:

First, grab your dog's [rope](#) to play tug-of-war.

But right as you start the game, tell Fido to drop the toy. It's like what I told you in point #2.

And when your pup obeys the command...

You can restart the tug-of-war.

Now, do this 5 to 10 times first. After that, start from the top again.

But once Fido drops the toy this time...

Tell them to sit down or relax on their mat. Like what you read in point #4.

If your dog obeys, you can continue playing the game.

This teaches Fido that they need to be patient. Or else, you won't play with them.

And with this...

Your pup learns 3 self-control commands all at the same time.

#7: SMART x 50

SMART stands for:

See, Mark, And, Reward, Training.

Now let me tell you what they mean.

First, you'll see what your dog does for a day.

If they do something good, you'll *mark* it by praising your pup.

And you should use keywords or phrases like:

- Yes.
- Great job.
- Good dog.

Then you *reward* Fido with a treat. That's what this *training* is all about.

Sounds smart, right?

But wait. What about the number?

Well, it means you'll give Fido 50 treats per day.

So when the snacks run out...

That means the game's over.

"Wait, isn't 50 treats too much?"


I get why you're worried. So here's a feeding rule from the AKC:^[73]

Treats should only take 10% off Fido's daily calorie needs


To help you calculate this, follow my instructions.

First, count the calories on your dog's treat pack. Next, use this easy table:

Breed Size	Average Weight	Amount of Calories per Treat
Toy breeds	3 to 6 lbs (1.3 to 2.7 kg)	13.9 to 23.3 calories
Small dogs	10 to 20 lbs (4.5 to 9 kg)	34.2 to 57.6 calories
Medium dogs	30 to 50 lbs (13 to 22 kg)	78.1 to 114.5 calories
Large/Giant dogs	60 lbs to 100 lbs (27 to 45 kg)	131.3 to 192.6 calories

 **Note:** If you're still worried, you can just use your dog's regular kibbles. Count 50 pieces of that to use as rewards for your pooch.

Now that's all cleared up, you can keep doing the game.

 **Tip:** Play SMART x 50 for about a week. Slowly, you'll notice Fido behaving even better.

And do you know the best part?

You won't have to teach them any commands. Instead, your pup will keep showing their nice manners.

That way, they know you'll reward them for being a good doggo.

#8: Calm walks

Does Fido love walking?

If yes, then here's an easy game to play.

When you take them outside...

Keep your walking pace slow and steady. With that, most pups would get impatient.

But just let them whine.

And if Fido starts pulling the leash, stop walking too.

This teaches them that they won't get anywhere. Especially if they're impatient.

So once they calm down...

Just continue your walk. And repeat the steps as much as needed.

#9: Grandma's law (the Premack Principle)

"You can go outside. But only if you finish your meal."

If your dog could understand human language...

They'd think that sounds like a bargain.

And that's what this game's all about. You just have to give Fido a deal they have to follow.

For example, if your dog keeps digging at your doorstep...

Wait until they calm down first.

Once they stay chill, open the way for them. And let Fido play outside.

Now, you can do this to any unwanted habits of your pup.

It simply teaches your dog that they can get what they want. But only if they show some self-control first.

That's how the Premack Principle works.

#10: Red light, green light

Let's make this simple.

Red light means: *stop*. While the green one stands for: *go*.


You know, just like how traffic works.

So how do you apply this to your dog? Well, the best time to do it is during walks.

For example, if Fido starts chasing something, like cats or cars...

That's your red light, and you should stop walking.

Then, just wait until your pooch calms down.

 **Tip:** Let your dog rest for 5 to 10 minutes. That gives them time to practice self-control.

And it also makes Fido think:

"Oh, I see. I need to chill for now. Otherwise, I'll be stuck here."

After that, go for the green light.

That means you can continue your walk.

And this works great for dogs who love chasing things.

#11: It's Yer Choice (IYC)

A dog expert shares a simple game for Fido:^[94]

You just have to let your dog pick a choice.

If they do the right thing, then they'll get rewarded.

But if they make a bad decision...

Then your pooch should face the consequences.

And it isn't a punishment. Or a way to force your dog. You also don't have to scold them for this method to work.

Instead, here's an example.

Let's say your pooch plays too rough. In that case, you stop playing with them.

Now, this gives Fido a choice:

It's either they start being gentle or remain the same.

So if your pup keeps playing rough, then you won't join them. And to dogs, that's boring.

But if your furry pal picks the good option...

Then you can continue the game with your pooch.

See? This teaches Fido to make the right choice. Even without telling them any commands. And you don't have to punish them either.

That's how this game helps you build trust between you and your pooch.

#12: Look at that

Distraction works like a charm. Especially for nervous dogs.

That said, a report states that 70% of Fidos show signs of anxiety, like:^[95]

- Pacing.
- Panting.
- Drooling.
- Excessive barking.
- Impulsive behavior.


So to help your furry friend relax...

Just point at something and say:

"Look at that!"

Then wait for your pooch to do what you told them to.

This trains Fido to focus on something else. Instead of letting anxiety take over them.

 **Tip:** It works better if you point at interesting items. Or anything that might be new for your pooch. You can also direct their attention to someone else. Like other dogs and family members.

#13: Hide and seek

Quick, find a place to hide.

“Wait, why?”

Well, the next game is: *hide and seek*. And you can even play this at home.

Once you find a spot to hide in, call your dog’s name.

Usually, it won’t take long for them to find you.

After all, research says that Fidos have a great sense of smell.^[96]

So once your dog finds you, you reset the game.

But this time, tell your pooch to *wait*. Or you can also use keywords like *stay*.

If your pup listens, go to another spot and hide again.

Now, if Fido starts looking for you right away...

Come out and tell them to stay where they are. After that, go back to your hiding place and wait for a minute or 2.

If your dog didn’t follow you at all...

That’s the time you call their name. You can also use release cues such as:

- Go.
- Okay.
- I’m ready.
- Come find me.

And if Fido keeps obeying you, reward them with a treat.

This teaches them patience. Even if you're in another room or away from your dog.

Chapter 12: 100 Words Dogs Understand + How To Teach Your Dog



When trained, dogs can learn a hundred words or more.

So if you and your Fido are up for it...

Let's get started. :)

Do they already recognize some terms?

And what more would you like to teach them?

Keep reading to discover:

- 100 words that dogs understand.
- Words that dogs understand the most.
- 13 proven tips on how to teach your dog 100 words.
- And much more...

100 words dogs understand (words you can teach to your dog)

#1: Sit

#2: Come

#3: Down

#4: Stay

#5: Wait

#6: Leave (it)

#7: Release

#8: Drop (it)

#9: Stop

#10: Watch

#11: Look

#12: Off

#13: Shake (paws)

#14: Paw

#15: Roll (over)

#16: Go (to)

#17: Sleep

#18: Settle

#19: Bed

#20: Couch

#21: Car

#22: Leash

#23: Lap

#24: Belly

#25: Rub

#26: Heel

#27: Spin

#28: Okay

#29: Yes

#30: No

#31: Today

#32: Later

#33: Now

#34: Get

#35: Take (it)

#36: Catch

#37: Fetch

#38: Grab

#39: Bring (it)

#40: Chase

#41: Play

#42: Tug

#43: Toy

#44: Ball

#45: Cat

#46: Friend

#47 – #48: Good girl/boy

#49: Bad

#50: Speak

#51: Bark

#52: Hush

#53: Quiet

#54: Beg

#55: Sad

#56: Mad

#57: Want

#58: More

#59: Help

#60 – #62: Time to eat

#63: Treat


#64: Water

#65: Food
#66: Rubs
#67: Cuddle
#68: Sound
#69: Where
#70: Home

#71: Kennel
#72: Count
#73: Bow
#74: Eliminate
#75: Poop/Potty
#76: Leap
#77: Jump
#78 – #81: Let's go for (a) walk

#82: Park
#83: Outside
#84: Inside
#85: Run
#86: Lights
#87: Hi
#88: Hello
#89: I'm
#90: Their name

#91: Mom
#92: Dad
#93: Parent's name
#94: Family member or friend's name
#95: Their friend's or other pet's name
#96: Stranger
#97: Bye
#98 – #100: I love you


 **Trivia:** Did you know that saying “*I love you*” can make your Fido’s heart skip? Based on a study, dogs’ heart rates shoot up by 46.2% upon hearing those 3 words.^[97]

What words do dogs understand the most?

The words that dogs understand the most are basic commands. Like “*sit*,” “*come*,” and “*down*.”

This is because dogs remember short words with 1 to 2 syllables well. And also, they recognize terms and phrases they often hear.

Such as their parents or other pets’ names and praises like “*good girl/boy*.”

 **Trivia:** On average, experts found that dogs know at least 85 words. And 90% of Fidos in the study responded most to these 10 terms.^[98]

- “Sit.”
- “No.”
- “Stay.”
- “Wait.”
- “Okay.”
- “Come.”
- “Down.”
- “Leave it.”
- “Good girl.”
- “Good boy.”

How do I teach my dog 100 words? 13 proven tips

#1: Pick a quiet and enclosed room

Dogs are easily distracted.

So for your Fido to learn the words better, choose a safe, enclosed area where you can train them. Say a room in your house or living area.

Ensure it's free from outside noises and other people or pets.

Then make it their *'training room'* from then on.



Note: Move to a different place as you continue with the training. For example, teach your Fido in an area with more distractions, like your backyard. Do this only after they manage to stay focused in the enclosed environment. Then build it on from there in the new place.

#2: Load yourself with treats

Next, you can't go into a battle without a weapon.

"What do you mean?"

Although you can train dogs without luring them much with food...

Offering your Fido some yummy snacks will make them focus better.

Most dogs go crazy about the treats' scent and taste. So they'll be eager to get it from you.

Also, by rewarding your pooch, you're reinforcing the behavior you want. Which is, in this case, remembering the words you teach them.

What to do?

Make sure the treats are your dog's favorite. Or something they don't get to eat every day.

For example, boiled chicken bites. This was introduced to me by a dog trainer recognized in our area. My dog, Lissa, went bananas about these!

But remember...

Only give them to your Fido during training to make the treats *'special.'*

Do this so your dog will be more eager to get the snacks and obey you.

Then, slowly cut down on treats as your Fido masters the word.

#3: Start easy

You might panic when you look at the *'100 words that dogs understand'* list.

And you may think...

"Where should I start?"

"What words must I teach first?"

And I understand these thoughts.

It's a lot of words for your Fido to take in.

So, start with the easiest words or basic commands first.

Some examples of these are:

- "Sit."
- "Ball."
- "Stay."
- "Come."
- "Down."
- "Water."

"How will this help?"

By starting easy, you'll build your Fido's confidence.

And this can motivate them to learn more words in the future.

#4: Get your Fido's attention

Now, do you have your dog's fave treats by your side?

And have you decided which words to teach them yet?

If so, you can start with the training.

But to teach your Fido something, you must grab their attention first.

"How?"

Hold a treat in your hand.

Then let your Fido see and smell it. But don't give it to them yet.

Make your dog curious about the treats you're holding. So they'll be more attentive as you teach them.

And wait until your dog comes to you.

Then as soon as they stop and glance at you, do the next step.

#5: Say or demonstrate the word

Introduce the term to your dog as you would to a 2-year-old toddler.

Remember, dogs like it when people converse with them in baby talk.

So speak in your gentlest and sweetest voice.

And then, say the word once your dog pays attention to you or the object you want to teach them.

Here's an example.

If you're teaching the word *"ball"* to your Fido...

1. Show the toy to them.
2. Once your dog looks at it, say *"ball"* like you're talking to a child.
3. Give your Fido a treat as a reward.

Doing this will help them associate the word with the object.

"What if it's a command?"

Show your dog how it's done.

Let's say you want your Fido to learn the word *"sit."*

You can gently nudge your dog to make their bum touch the floor. Then say *"sit"* and offer your Fido snacks.

But you may also do it this way:

1. Put a treat in your hand.
2. Raise your hand above your Fido's head.
3. Hold still until your dog looks at it and their butt's on the ground.
4. Say *"sit."*
5. Reward your dog.



Note: Timing's critical here. For your dog to make the correct association, say the word as soon as they pay attention or do the command. And then reward them right away.

#6: Tell the command only once at a time

If your pooch didn't respond well to what you said...

Avoid repeating the word many times if it's a command.

"But why?"

Isn't it more effective if I repeat it?"

If you say the same word in a row, your Fido may get used to obeying it after the 2nd or 3rd time.

And that's what you want to avoid.

So when it comes to commands, you must be firm and say the words only once.

#7: Shower your Fido with praises

Well, is there a pooch who doesn't want to be called a *"good girl/boy!"*?

Of course, none.

Our Fidos usually love praises as much as they like treats.

But researchers found this mind-blowing fact.^[99]

Dogs choose praises from their parents over treats

Experts say it's because Fidos enjoy human contact.

By getting praises, dogs won't only hear good words. But they'll also receive rubs from their humans.

So aside from treats, also say nice words to your dog when they remember a word.

Then pair it with ear or head scratches.

#8: Change things a bit

For instance, you're teaching your dog the word *"ball."*

And you always hold it in your hand every session.

Next time, try placing the ball on the floor. Or throw it on the ground.

Then point to it and say *"ball"* to help your Fido connect the word to the toy.

Do this to see if your dog still knows the object. Even if it's in a different place or position.

#9: Distract your Fido

Earlier, I said you should avoid distractions to improve your dog's focus.

But now that your Fido's in the middle of training...

It's best to challenge them and test their memory.

How to do it?

Introduce a new object or person

For example, if your dog's learning a thing's name, get a toy or another object to divert their attention.

And while they're busy with it, look at them.

Try to get your Fido's attention back. Then say the magic word.

If your dog looked at the correct object or person, reward them at once.



Note: You may ask other familiar people to join if you're teaching a person's name. By doing this, you'll see if your dog recognizes the person when others are around.

#10: Introduce '*dog buttons*'

Have you seen the viral '*talking*' dog named '*Stella*'?

She can't speak our language physically.

But Stella knows a lot of human words. And she can even hold a conversation with her parents.

As well as relay the things she wants or feels at the moment.

"How can I teach my dog to use them?"

1. First, purchase a few [dog buttons](#).
2. Start with 3 to 4 simple words first. Say "*water*," "*food*," and "*outside*."
3. Record audio for each word. Say it as you usually would.
4. Place every button near the objects related to it. Like this:
 - "*Outside*" button - near the main door.
 - "*Water*" button - besides the water bowl.
 - "*Food*" button - near the food bowl or treat drawer.

What to do?

At the start, push the buttons whenever your dog asks for the words.

In this case, those are water, food, or going outside.

It'll help your Fido link the terms. And they'll also learn to push the right button when they need something.

#11: Keep training short

Dogs have a short attention span.

So avoid teaching your Fido longer than 20 minutes.

Do it for only 10 to 15 minutes a day per session. And repeat it twice or thrice daily.

#12: Use the words contextually

Let's use *"ball"* as an example again.

If you're teaching your dog the word that corresponds to it, also say these while training:

- *"Get your ball!"*
- *"Don't chew on your ball."*
- *"Do you want to play with your ball?"*

"Why should I say longer phrases to my dog?"

Your dog may not know every human word yet.

But by doing this, you'll help them learn what a *"ball"* is in other possible situations.

Let me give you an example.

I've taught my dog, Lissa, the word *"toy"*.

Now, this is basic and applies to pretty much any toy in the room.

So, if Lissa sees a few of these, she has the ability to choose her favorite one. Or the one she'd like to play with at this moment.

That's cool and all, but let me share with you how I request *the toy*.

I might say any of the following, which she understands perfectly:

- “*Lissa, the toy!*”
- “*Lissa, where’s the toy?*”
- “*The toy, Lissa! Give me the toy!*”

Also, your dog will pick up these basic phrases naturally.

So don't limit yourself when talking to your pooch.

As long as the words you use are basic, you won't confuse your Fido.

#13: Be mindful of your tone

Dogs pay more attention to how we say a word.

And not to its phonetics or spelling.

So use the right tone when saying words or phrases in front of your dog.

For example, if it's a question, raise your tone. Do it, especially at the end of the phrase.

But if it's a statement, speak it as you usually would.



Note: Every dog has their own pace. Some Fidos learn several words faster than others. So with consistency, you'll begin to notice results.

Chapter 13: 13 Sneaky & Proven Tricks To Be Your Dog's Favorite Person



To be loved by your dog feels great.

But to be their only favorite person?

Well, it's probably the best feeling in the world.

However, this isn't always the case.

Which makes you and other dog parents wonder,

"Why is my dog bonding more with someone else?"

And how can I win them over?"

Read on to find out:

- 13 proven tricks to be your dog's favorite person.
- Whether they pick their favorite in the family or not.
- Signs to watch out for if they're already bonding with you.
- And a whole lot more...

How to make your dog love you the most in the family?

You can make your dog love you the most in the family by spending quality time with them. Clear all distractions and be present with your dog. May it be while playing, walking, or training. Also, try out new things and learn their likes and dislikes. Show them enough affection and be consistent.

13 tricks to become your dog's favorite person

#1: Always give them one-on-one playtime

A study shows that parents create stronger bonds with their kids by playing with them.^[100]

Now, dogs might not be humans like us...

But, they're also our (fur) babies. And they surely know the difference between *quantity* and *quality time*.

"What do you mean?"

For example, you're the one who's feeding your dog.

You're also taking them out for potty walks. And you sleep beside each other every night.

However...

Someone in the family is always playing with them. And he or she is also giving your Fido the attention they need.

So if you weigh these things. You might be spending more time with your dog every day...

But, it may not be as enjoyable as an hour of playtime with another person. As well as a cuddle session.

And this could be the reason why your dog is bonding with someone else.

But, it isn't the end of the world yet

You can still make it up for your pooch. And convince them to be their favorite person.

“How?”

Start by giving them one-on-one playtime every day.

No matter how busy you are, try to squeeze in some 30 minutes of quality time with your pooch.

And when I say 'quality time,' this means that your focus is only on them.

Avoid looking at your phone or the TV. Be present with your Fido at the moment. And play their favorite games. Like fetch, tug, or hide and seek.

#2: Make exercises more fun and special

Another great way to spend some quality time with your dog is by being active with them.

Canines love taking strolls. So walk your pooch every day.

And this is because:

- It reduces stress.
- It prevents boredom.
- It exercises their muscles.
- They could explore their surroundings.
- They can spend more time with their humans

However, drop the usual short potty walks.

Instead, let your dog enjoy the stroll more.

Let them explore the surroundings for a bit. And sniff to their heart's content.

Also, try to be present with them. *(They know if they're getting your full attention or not.)*

So hide your phone, watch them closely, and interact with them as you walk.

You can try running or jogging as well. Especially if your dog's on the athletic side.

How much exercise do dogs need daily?

This will depend on their size, age, and breed.


According to PDSA, it's:^[101]

- **30 minutes:** For toy breeds (e.g., Chihuahuas, Maltese dogs).
- **1 hour:** For small to giant dogs (e.g., Pugs, Whippets, Saint Bernards).
- **2 hours:** For working dogs (e.g., Retrievers, Border Collies, Siberian Huskies).

For small puppies, multiply their age in months to 5 minutes. For example, a 3-month old pup needs at least 15 minutes of exercise a day.

But for senior Fidos, watch them closely and stick to short (say, 5 to 10 minutes) but frequent walks with lots of breaks in between.

This is because their condition may not be the same as before.

 **Interesting fact:** Did you know that dogs feel 'high' while exercising? Researchers refer to it as 'runner's high.' This is because it's a rewarding feeling that people who often run experience.^[102]

"What may have caused it?"

It was found that *endocannabinoids* a.k.a. eCB's are the ones responsible for it. Which is similar to the substances that make people 'high' while taking marijuana.

#3: Have some training sessions with them

One more trick to have a deeper bond with your dog is by training them.

You can start with the basic commands such as *"sit," "down,"* and *"stay."*

But if they already mastered those, teach them more advanced ones. Like *"wait," "come,"* and *"leave it."*

Do this in short sessions only. Say, 5 minutes - twice or thrice a day.

How does training help with your bond?

By doing this, you'll improve your synergy. As well as your communication with each other.

Your pooch will know how to communicate with you better. And you'll also understand them more.

Plus, you'll also make fun memories together.

However...

This will only be effective if training is always a positive experience.

So, avoid punishments and use positive reinforcement instead.

“What do you mean by that?”

Only reward your dog when they obey you. And ignore them if they're not doing great.

Once they did the command, give them praises or nice scratches. As well as small pieces of treats (*make sure they're healthy!*).

This is to make your Fido motivated to learn. And this will also help them associate that it's fun training with you.

#4: Let them do the things they love

Aside from playing and walking...

What are your dog's other favorite activities?

Better find those out and do them more often. And your pooch will thank you for it!

This may depend on their breed.

For example, Retrievers enjoy swimming. This is because they were bred to get birds in the water during hunts.

While Dachshunds and Terriers love burrowing. And this is also due to their instincts as they were used to chasing critters in tunnels.

But for most working dogs, giving them a job might earn you extra points in their hearts.

Why?

Dogs love to please their humans. And they also get a sense of achievement after they finish a task.

"So, what should I ask them to do?"

It doesn't have to be complicated. Even simple tasks like fetching your slippers or closing the door will do.

#5: Take on new adventures with them

"Woof! Did anyone say adventure??"

Although it may not look like it, your pooch will also appreciate trying out new things with you.

Be it hiking, doing agility courses, or going to dog parks.

"How does this help?"

Doing new things together can strengthen your bond.

The two of you are creating new memories. And you're also

Plus, canines are full of energy and curiosity. And also, they need socialization.

So they're surely up to experiencing things they haven't done before. As well as meeting other Fidos.

#6: Find their 'sweet spots'

You're already conveying love to your pooch by giving them attention every day. And also by attending to their basic needs.

But the most obvious way to make your dog feel super loved is by showing them affection. Say, cuddling them or giving them the best belly rubs.

However, before you go and pet your pooch right now...

Let me remind you that not all dogs are the same.

Some love cuddles while others may be uncomfortable with it. *(Signs to watch out for are sudden lip-licking, freezing, and 'whale eyes' - showing you the whites of their eyes.)*

And also, their 'sweet spots' will vary.

Other dogs might prefer chest rubs over belly scratches.

So if your pooch enjoys cuddling, allot some time for daily snuggle sessions. And as I said earlier, remove any distractions.

Focus on them and enjoy your moments together. *(It'll be healing for you too, I swear!)*

But...

Is your dog a bit aloof?

If so, respect their space.

They'll show their love for you in other subtle ways.

#7: Answer their love signals

Once your dog is bonding with you more...

They'll display their affection to you. So you'd better be ready to reciprocate it.

"Will they be mad at me for not doing it?"

Well, experts say no.

According to Nannette Morgan, a dog trainer, our Fidos don't hold grudges.^[103]

But, they can be disappointed or annoyed.

So, try not to let your dog down no matter how busy you are.

When they paw at you for some hugs, give them one. Or if they happily show you their tummy, scratch it for them.

The latter is a sign that your dog trusts you. As they're exposing a vulnerable part of their body.

But, this will be a different case if they're being submissive. Or they're showing signs of anxiety or fear (the ones I mentioned before, along with flattened ears).

Another hint that your puppy is bonding with you is listening to you attentively. As well as copying your actions.

Say, yawning right after you or even winking.

#8: Give them a loving gaze too

Dogs stare lovingly at their humans not only to grab their attention or beg for food.

But also to show affection.

So, if you want your dog to feel loved, exchange some warm gazes with them once in a while.

Why? Here's what science says.

Research shows that we humans feel more connected to each other by gazing. And this is due to the hormone called 'oxytocin'.^[104]

"What is it?"

Apparently, when 2 close people stare at each other, they also release this 'love hormone.'

And high levels of this can help strengthen bonds.

This is why we feel so comforted looking at the eyes of someone we love.

But guess what.

The study also says that staring at our furry pals increases our oxytocin levels. And it's also the same for them.

So it's a two-way thing. Meaning, you and your dog can be more attached to each other while doing it.



Note: Don't look at your dog's eyes for so long. Sustained direct eye contact could mean something bad in the doggy world. As experts

say that it's intimidating to them. So, just give them a loving gaze for a brief moment.

#9: Speak to them in 'baby-talk'

Based on a study, how you talk with your pooch affects your relationship with them.^[105]

"Why's that?"

In the experiment, dogs listened to 2 kinds of people.

The first one spoke in a 'baby-talk' or high-pitched tone.

And he or she said phrases related to dogs. Like *"shall we go for a walk?"* and *"you're a good dog."*

While the other speaker talked to them in a normal voice. As if he or she was talking to another adult.

Then, unlike the first person, he or she said things that weren't related to the canines. Say, *"I went to the cinema last night."*

And the results?

Dogs were more interested in the person who talked in a sweet voice. Rather than the one who didn't use dog-directed speech.

Also, they chose to spend their time with the first speaker as well.

This means that speaking to dogs in baby-talk can help you earn their trust more. And they'll also be more comfortable with you.

So, never underestimate the power of praises said in a high-pitched tone. Such as *"good boy/girl!"* or *"good dog!"*



Note: Canines can't understand what we say – word for word. But, they could get what we're trying to tell using our tone. As well as facial expressions.

#10: Match their energy level

"Why does my dog like someone else more than me?"

Another possible answer to this question is related to your Fido's personality.

"What do you mean?"

Canines may also pick a person that has a similar character to them.


For example, a mellow dog might be uncomfortable with a highly-active person.

So if they just want to chill and rest, they may hang out with a calm person instead. As well as those who are distant from them and don't pay much attention.

But wait, I'm not saying that you have to change your whole personality for your pooch.

Just observe them and try to match their energy level.

If they're an active dog, play with them more. But if not, stay by their side and chill.

 **Interesting fact:** Do dogs pick a favorite person? Yup, they do. Although this will also differ in every pooch. Reader's Digest says that some breeds share their love with many people. Like Retrievers, Beagles, and Poodles. (Well, the more, the merrier!)[106]

While certain doggos tend to be attached to only 1 person. Such as:

- Basenjis.
- Shiba Inus.
- Greyhounds.
- Cairn Terriers.

But did you know that some people are natural dog magnets?

Experts even say that this trait could be in the blood.

#11: Learn their body language

Isn't it great to have someone who can understand your feelings?

Even if you're not saying anything. They know exactly what you really feel inside.

Well, your Fido may also appreciate this. And it could help you earn additional points.

But first, here's what you have to do.

Pay close attention to your dog and try to understand their body language.

Learn the signals they do when they're tired, stressed, or nervous.

Based on VCA, you'll know if your dog's bothered if they show some of these signs (excessively):[107]

- Pacing.
- Yawning.
- Shaking.
- Licking their behind.
- Sniffing the air or ground.
- Panting without any reason.
- Having dilated pupils and pinned back ears.

Now, how can this help with your bond?

Your pooch may give you extra points when you notice that something's making them uncomfortable. And you made an effort to remove the stressor away. Like a superhero who saves the day.

For example, you saw that your Fido isn't comfortable with a stranger. So, you didn't permit him or her to touch your dog. And you said goodbye politely.

Your pooch may not show it immediately. But I'm sure they'll be grateful for it.

Well, isn't this our responsibility to our fur babies? To make them feel safe and comfortable as much as possible? :)

#12: Avoid doing the things they hate

Apart from knowing what your dog likes...

It's also important to find out the things they hate.

This will also vary but most dogs don't like mixed signals.

Say, you allowed your Fido to be on the couch before. But out of nowhere, you scolded them for climbing on it.

As a result, they'll be confused and frustrated.

Irregular routines are also a no-no.

So, always try to feed and walk them around the same time daily. This is to make their days predictable. Which will prevent anxiety.

Also, never interrupt their sleep.

You may have heard of the saying, *"Let sleeping dogs lie."*

And it's true. As they'll be aggressive and snap when disturbed. So, don't attempt to pet your dog while they're resting.

#13: Strive for consistency

Last but not least. Do the tips above and be consistent.

Remember, earning a dog's trust will take time and a lot of effort. And you'll not convince them to be their favorite person overnight.

So if you want to let your dog know that you truly care for them, keep your enthusiasm at the end. And your efforts will never go unnoticed. :)

Chapter 14: Quiz: Does My Dog Love Me? Test It With These 27 Signs



We love our dogs... unconditionally.

Showering them with affection isn't a task at all.

We even love our pooches more than ourselves.

But sometimes it makes you think,

"Does my dog love me back?"

"Or are they staying just because they need something from me?"

Read on to learn:

- 27 signs that your dog loves you.
- If dogs are able to grow feelings for their fur parents.
- Which activities do you do that make your dog feel loved.
- And this is just the beginning...

How do you tell if your dog actually loves you?

You can tell if your dog loves you if they follow you everywhere. Giving you their toys and showing signs of happiness when they see you also indicate love. Looking at you intently is also a sign that they adore you. Being comfortable when you are around is an indicator, too.

27 signs your dog loves you

#1: They bring you their toys

A pooch's plaything is one of the most important objects to them.

They value it dearly and often bring it everywhere they go.

Some dogs might even get protective when it comes to their toys.

If people they don't know come up to them and try to take their toy, they'd get defensive.

However, when they feel connected with someone, they share their toys. And that person could be you.

It doesn't matter what you're doing.

You could just be chilling on your couch and they'd come up to you and bring you a toy.

Your pooch might even do this when you arrive home.

They love sharing things that bring them joy.

Maybe they're thinking, *"I liek dis. Toy maeks me happi. Hooman will be happi wid dis, too."*

When this happens, joyfully accept their "gift".

Maybe even play with them for a while.

#2: They wag their tail when they see you

Another sign that your dog loves you is they get excited when you're around.

It's their version of letting out a little scream when you see your best friend.

After all, you're one of the good things they have in their life.

Not just because you are an unlimited source of treats.

But also you shower them with affection and care.

And because of the connection that you've made with them, they're happy when they see you.

Tail wagging is a communication language in dogs.

According to research, they do this to show excitement, happiness, and friendliness.^[108]

Especially if they wag it loosely from one side to the other.

Remember how they'd move their tail when they greet you at the door?

Doesn't matter if you were gone for a full day or just went out to get the paper.

Your fur baby is always there looking at you and wagging their tail.

#3: They like snuggling with you

Getting warm and cozy with you is another sign that your dog loves you.

They usually don't get up close and personal with people they don't trust.

Cuddling is a very vulnerable position your pooch will be in.

It can open them up to attackers.

Other aggressive pets can also hurt them if they're not on the lookout.

However, because you've built a relationship and trust with them, they're not afraid.

Your fur baby can relax by your side and rest easily.

Bonding times like these can also help you improve your relationship with your pooch.

The fact that they're open to building a better connection with you means they love you.

I mean, your fur baby could just easily walk away if they see you around, right?

#4: They try to protect you

Dogs are naturally protective animals.

Especially if they see you as someone who is part of their pack.

Members of this group are those that your pooch cares for.

This behavior can be seen in some of their relatives - the wolves.

In the wild, when they travel, they go in packs.

Because of this, they survive longer and are able to travel farther.

Resources are being shared between them.

Examples of these would be:

- Food.
- Water.
- Shelter.

They'll also be more effective in hunting prey if they work as a pack.

This same characteristic has been passed down to modern-day dogs.

Research shows that canids have similarities in their DNA.^[109]

Scientists studied 58 canines, 12 of which are wolves.

And have been around for about 33,000 years.

No wonder they still act just like how wolves do - protective and loving.

#5: They walk around with you

Oh you probably are very familiar with this one.

Would you consider your dog as a living furry magnet?

If yes, then you likely have experienced how it is to have a dog-shaped shadow.

And by this, I mean they're following you almost anywhere.

Bedroom.

Living room.

Kitchen.

Doesn't matter where you are. They're going to be all up in your life.

Some pooches might even scratch and whine at your bathroom door because they wanna join you.

This behavior is more likely to happen if you have lap dogs.

Their breed is designed to want to be around their fur parents.

Examples of these would be:

- Pug.
- Maltese.
- Papillon.
- Shih Tzu.
- Pekingese.
- Chihuahua.
- Pomeranian.
- Bichon Frise.
- Yorkshire Terrier.
- King Charles Spaniel.

If your pooch is one of these dogs, then get ready to get followed around.

Privacy wouldn't be a word that exists in your life.

#6: They play with you

Dogs love play time.

It's probably one of the activities that they look forward to everyday.

Especially if they get to do it with people they like.

If you're one of the people that your pooch loves, play time comes easy.

Throwing their favorite toy will turn into a game of fetch.

If you're into it, your fur baby can also bite on a toy and play tug-of-war with you.

However, if someone they don't trust tries to do it, they shy away.

Their body language shows it.

Turning their back on the person or not getting up to engage in any activity is a sign they don't wanna play.

Well, don't be sad if they don't respond positively.

Sometimes, your dog just wants to sleep and rest while facing their bums towards you.

If this happens, give them the space they need.

Just like humans, dogs need to recharge their social energy battery, too.

But if they're well-rested, then playing with them will be a breeze.

Some pooches even try to play with their fur parents during work.

#7: They sleep beside you

Resting by your side is another sign your pooch loves you.

Just like in #3, sleeping can make your fur baby vulnerable to attackers.

And I believe the risk is even higher.

I mean, if they're just snuggling, they're awake and can react to immediate harm.

Sleeping on the other hand is riskier.

And it takes a higher level of trust for them to do this with you.

This behavior is also another way for dogs to protect you.

You'll probably notice them slowly climbing up on your bed.

Or... you know, in some cases, jump up and cannonball their way to your space.

#8: They don't mind your appearance

This, I think, is one of the measures of unconditional love.

Some people might treat you a little differently based on your appearance.

But your dog?

They don't mind if you woke up like you were just in a boxing match with Mike Tyson.

Messy hair.

Unbrushed teeth.

Clothes all wrinkly from a good night's sleep.

All these are things that your pooch wouldn't mind looking at.

Or even smelling.

They love your scent, there's no denying that.

After all, dogs try to learn about you mainly through your smell.

Their noses are so strong they can sniff out pheromones and will then know how you feel.

But whatever the situation is, your dog will still love you.

#9: They lick you all over

Sloppy kisses are another way your pooch shows that they love you.

I mean, it's inevitable.

When they get near you, it's like you turn into a creamy vanilla ice cream in their eyes.



Trivia: For canines, kissing started out as a food-seeking activity.

You might notice this when your pooch licks you after a workout.

It's likely that they think you taste good.

Not in a "I wanna eat you" kind of way. It's just that they like the salty taste of a human's skin.

But, later on it has turned into a greeting.

Some wild dog species welcome members of their pack when they come home.

And they do this by licking.

Because of this observation, Dr. Burch concludes that it is a sign of love and affection.

It can also remind them of their childhood.

And they want you to feel the same care they felt from their moms who used to lick them.

#10: They look for you when they're scared

If you've been with your pooch for a long time, it's most likely that they consider you as their main provider.

This is especially true if you fed, bathed, and cared for them since they were small.

And even if your pooch joined your family when they're already adults, they'll still love you.

As long as you treat them well, too.

And because of this relationship, they look for you when they need something.

It can be asking for help from getting a toy that got stuck under the fridge.

Or maybe fending off a scary animal they saw in your home.

They look to you as someone who is a part of their pack and are therefore a source of protection.

When your dog is exhibiting fearful behaviors, you might wanna look more into that.

There could be underlying reasons that need to be addressed.

#11: They get sad when you're away from them

As mentioned in #5, there are dogs who just can't stay away from their fur parents.

There's also another type of dog that is extra clingy to you.

They're commonly known as "velcro dogs".

Aptly named because they cling to you like velcro.

You know that material you find on your bags and shoes?

The ones that make a loud noise when you open them?

If your dog sticks to you like that material, then they're most likely a velcro dog.

Examples of these dog breeds would be:

- Vizsla.
- Golden Retriever.
- Italian Greyhound.
- Labrador Retriever.
- Shetland Sheepdog.

These fur babies would also make good guard dogs.

Since they'd always want to be near you and are on the lookout for danger.

#12: They check on you regularly

In connection to #11, dogs who love you will always keep you out of danger.

Because of this, they might be checking how you're doing.

Especially when you're out of their sight.

They'd probably walk and try to find you and check if you're doing okay.

Your pooch might also be interested in what you're doing.

This might happen more if you're working on something that makes loud noises.

Such as:

- Moving furniture.
- Light carpentry work.
- Cleaning pots and pans.

It might tick them off and will get them worried.

But this fear is stemming from their love of you.

They just want you to be safe from whatever the possible danger they just saw or heard.

Your pooch could even check on you while you're sleeping.

#13: After food, you're their priority

Dogs usually live in the “now” and would be excited if there's food present.

But after getting their fill of tasty treats, they'll suddenly get their focus on you.

This happens mostly if you have built a relationship with your dog.

If a fur baby is being fed by someone they don't have a connection with, they'd walk away after the meal.

Or maybe stay but they won't act as excited as they would be when they're with you.

A dog's emotions will show through their actions.

If they still want to cuddle and play with you after they eat - that's unconditional love.

That means they're not just there because you provide them food.

Your pooch connects with you because they love you.

#14: They show you the “puppy eyes”

All fur parents are familiar with this.

The spell that makes you pull out treats even if they're already a little over their snack budget.

Oh, who are we kidding. Our pooches are our weaknesses.

And the fragility only triples when we see their puppy eyes.

According to NatGeo, this behavior is a result of evolution.^[110]

Because of their domestication, pooches have learned how humans communicate.

They saw that we frequently use our brows.

And dogs copied this behavior to improve their communication with our species.

Isn't that awesome?

And quite frankly extremely cute?

They also do this only to people they want to “talk” to.

It doesn't necessarily mean that they love the people they do the puppy eyes to.

But, those that are close to them will see it more.

I mean, the treats keep coming... why wouldn't they do it?

#15: They sit beside you on the couch

This is another manifestation of a dog's love.

Sitting beside you can be a sign of affection and love.

This is just like snuggling and sleeping with you.

They want to be as near as possible to you.

Your pooch could also be attracted to your warmth.

Especially during the cold season. You'll likely notice your pooch sitting beside you on the couch.

You're probably their favorite and most loved source of warmth.

But you can help them out by buying them cute sweaters.

If you notice them getting too chilly, you can purchase one from Amazon. A good example is the [Jecikelon Pet Dog Clothes Knitwear Dog Sweater](#).

Not only will they warm even without you, your pooch will also look cute sitting beside you.

#16: They get excited when you exude happiness

Pooches who have strong bonds with their parents will copy their emotions.

When you feel down, they do too.

If you are overjoyed, then you'll likely feel positive.

You see, dogs have the ability to copy their hoomans emotions.

They have the skills to sniff out hormones.

These chemicals are usually released by our bodies when we feel certain emotions.

And when our pooch detects these hormones, they'd feel the same way, too.

There's one research that shows dogs copying the cortisol levels of their fur parents.^[111]

This hormone is released when someone is stressed.

And if we feel this when our pooches are present, they get negative emotions, too.

And the same goes for happy hormones.

#17: They let you touch their babies

It's known that pooches are very protective of those they deem important.

And of course, their babies are one of them.

I mean, mothers are always defensive when it comes to their children.

When they give birth, pooches will stay with their kids.

And they'll start bonding with them and groom them.

Usually, dogs wouldn't mind if people touch their kids... under one condition.

They fully trust you.

If they don't, dogs will have the tendency to be aggressive.

Canines who are new moms might bite those that try to get touchy feely with their kids.

Even if they don't mean any harm to them.

On the other hand, if you hold their baby, they'll gladly let you.

Your dog will most likely see it as a bonding moment between you and their kids.

#18: They frequently nibble on your things

When dogs are emotionally attached to someone, they like everything about them.

Their presence, voice, even smell will be something that brings them joy.

That's why when your dog loves you, they'll play with your clothes.

One way they do this is by nibbling on them.

And this wouldn't just happen to your clothes.

Other items they'll nibble on might include:

- Bags.
- Socks.
- Shoes.
- Blanket.
- Your spot on the couch.

Kind of a weird way of showing they love you, but that's just how they are.

I think it's closely the same as when human babies cry and miss one of their parents, their clothes calm them down.

Just the smell will pacify them and make them think that their mother or father is there.

#19: They're interested in your activities

This behavior is similar to what humans experience and show.

It's pretty normal for us to be curious about what our friends are doing.

And other things that are of interest in their lives.

Well, provided that they're comfortable in sharing.

Dogs are the same.

Whenever you go out or do something that sounds or looks new to them, they get curious.

And partly the reason they get interested is because they have a bond with you.

I mean, would they really care if they don't love and trust the person?

They might even run away if they hear something scary.

But if you were the one doing an activity it's a different story.

Sounds, lights, and other slightly threatening objects become interesting.

Example of this would be when dogs try to play with water when their hooman is tending their plants.

#20: They lean on you

Leaning is another physical display of a dog's love for you.

It conveys a calm and relaxing environment which your dog could be feeling.

Although, there are other reasons why your dog leans on you:

- Tiredness.
- They're scared.
- Needing warmth.
- Your dog is hiding something.

#21: They yawn with you

“Yawning? How is this a sign of love?”

That’s the exact same question that got into my mind when I learned about this.

Dogs who are affectionate towards their hoomans yawn when they do, too.

Cool, right? I thought so, too. And there’s even research that backs this claim.^[112]

It can also be a sign that your pooch is comfortable with you.

Emotional connections like this can only stem from a solid relationship.

And if you take good care of your pooch, they’ll likely have a good bond with you.

Try it out - fake a yawn, and see if your fur baby yawns after you.

#22: They steal your clothes

This is similar to #18.

What they like in your clothes is your scent.

Look - it doesn’t matter what the smell of your shirt is...

It could be in the laundry basket for 2 days and they’d still want to be around them.

They might see it as an opportunity to play with you.

What do you do when you see your pooch take your clothes?

You'll most likely run after them, right?

This crazy circling around the house is something that your pooch might see as play time.

As long as they aren't destructive to your stuff, there's nothing to worry about.

#23: They smile at you

Smiling is another way your dog communicates that they love you.

According to PetMD, this behavior is something that they picked up from us.^[113]

And they associate it with good things.

Such as:

- Clapping.
- Laughing.
- Petting them.
- Giving them treats.
- Reacting positively.

Dogs then replicate it and show it to hoomans that they love.

#24: They lift their brows when they see you

Another behavior that dogs learned from us is lifting their eyebrows.

They copied it from the expressions we show when we communicate.

Either when talking to other humans or when we speak to dogs.

Lifting their eyebrows may indicate that they're trying to tell you something.

Or, they're just trying to get your attention. Because when they do this, their eyes appear bigger.

#25: They look at you intently

Have you seen dogs who do the “*whale eye*”?

It's one of those looks that might seem like a dog is side-eyeing someone.

That's a sign of fear. And that they feel threatened.

However, if your dog looks at you with soft eyes and full of intent, then it can indicate affection.

They are giving you their full attention.

AKC confirmed that this act also releases love hormones a.k.a. *oxytocin*.^[114]

#26: They recognize your voice

According to the AKC, dogs have an amazing sense of hearing.^[115]

They hear sounds and frequencies that humans normally can't.

This is the reason why your pooch might get excited even if their other parent is still far away.

It could be that they heard the sound of their car.

Or the ingling of their keys.

Maybe even the sound of their voice.

And this hearing skill will also apply to you.

When you've bonded with your pooch, they'll easily recognize your voice in a crowd.

Even if there's noise all throughout, they'll be able to come to you if you call them.

Provided that they were well-trained to recognize their name.

#27: They initiate bonding time

Affectionate dogs will want to play and do activities with you.

This could range from play time to household chores.

And if they're ready to have fun with you, they usually do the following:

- Canines will tap the ground with both front legs.
- Exaggerated actions such as loud growling and snarling.
- They do the play bow - dogs lower their head but their bums are up.

If they frequently do this, then it means your dog loves you.

They like spending time with you.

And also creating a more healthy relationship with their fur parents.

Does my dog love me or just want food?

Your dog loves you, they don't just want food.

It may seem like dogs can manipulate humans into giving them food.

By looking cute and trying to obey all our commands.

However, if your dog still stays and plays with you even after eating, then that's a sign that they love you.

Do dogs feel love when you pet them?

Dogs feel love when you pet them.

Physical touch is one way for pooches to build relationships with their fur parents.

Also, oxytocin is released between you and your baby when you pet them. This is the happiness or love hormone.

Do dogs fall in love with their owners?

Dogs can fall in love with their owners.

Or at the very least show signs that they love them.

Frequent positive interactions can increase the bond between you and your pooch.

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