

## Respect me, Respect you, Respect US!

Maureen Ross, MA, NCC, CPDT-KA, RYT

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Are you reading this because your dog(s) are doing something that annoy you? Do you feel you are respected? Well, before our dogs can respect us, we must respect ourselves. Remember the equation for healthy relationships? Healthy me plus healthy you equals happy us!

Is there a behavior you want the dog to do differently – or **stop** doing before s/he drives you nuts? Ever wonder how it came to this? Many of us do – whether with our dogs or other relationships? Feeling a little overwhelmed, trapped? The following is not extensive but sensible sharing from someone who has learned from mistakes – and written books on the topics, ***Train Your Dog, Change Your Life and Awareness Centered Training – ACT***. You are not alone! Woof – read away. You can learn too much – you can evolve, and that is what creates healthy change in behaviors and relationships. Understanding differences and that people, and dogs, change in relationships, as they grow, helps us grow too!

- House-training "accidents"
- Barks too much / Whines too much
- Jumps on people
- Chews whatever s/he wants
- Won't let go of things – do you?
- Doesn't listen – do you? Are you aware? Do you try?
- Steals food when you turn your back – were you supervising?
- Runs away – chase game on – shared drives (chase, prey, fight, flight, freeze appease)
- Seeks attention way too much or not enough
- Guards resources (food, toys, deck, backyard, neighborhood, you)
- Pulls on the leash (lunges) – sniffs too much
- Seemingly aggressive toward people or other dogs – is this true?
- Struggles when you try to restrain him – aggression or fear/anxiety?
- Chases the cat – other critters

The "magic words" to cure virtually all dog behavior problems is ... ***SORRY, there aren't any***. There are words and ways to teach. What you do in the moment, directly after, MATTERS. Take a deep nose-to-navel breath, knowing that if you do not teach a dog what you expect, NOW, then you will have no respect from an adult dog - or in other relationships.

Letting them know you want them to stop a behavior (barking for example) but expecting this to be the solution is fantasy. Social media, Siri or Alexa (Wi-Fi know-it-alls) won't help either.

Like with children, learning a new language or starting a job, dogs are dogs. They speak a difference language. We need to teach them after the STOP what exactly it is we want them to do in a language/actions that they understand. It must be environmentally friendly, intuitive, and age related. Teaching a 2-month old puppy, with the attention

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span of a fruit fly, to focus on too much too soon, won't teach anything except fear and confusion. Expecting an adolescent, willful dog to respect you after sitting in a crate for several hours is wishful thinking.

**Dog Speaking: "I'm learning where to pee, poo, sleep, eat, what's legal and illegal in this household. Okay, you are upset, I'm stopping, now what?"**

**"How can I stop my dog from jumping, pulling, mouthing, running away?"**

Simple solution – Teach them what you want them to do instead of this annoying behavior. Do it gently and understandably. In return, you will get respect from a dog who trusts your judgment as a savvy leader (dog parent).

One of the most common questions dog parents ask me is: **"How can I stop my dog from doing some specific behavior problem, house training, barking and chewing?"** You can't. You must give them an alternative that is natural for them, teaching them when, where, how and for how long. There are plenty of articles on house training and solutions at [www.dogtalk.com](http://www.dogtalk.com). Click on The Learning Zone or pick up a copy of *Awareness Centered Training – ACT*, my latest book (e-book or softcover).

Being a counselor who studies behavior in humans and dogs, I know that relationships with dogs can be emotional. Folks are hoping I will tell them there is a secret switch behind the left ear of the dog. Click that and the behavior will go away.

We tend to humanize our dogs for good reason. They respond to our emotions, listen, and offer us companionship without disagreeing. Or, is that true? Aren't behaviors like barking or whining at us disagreeing? Are they cues to let them out to pee, exercise, or alert us to something like the fact that we aren't focused, in the moment, or spending at least a few minutes every day teaching them what to do to get their needs met?

My respected response is almost ALWAYS the same, regardless of the behavior. I'm not referring to major aggressive or resource guarding issues where the humans are outside trying to get into their own home while the dog squad growls or barks at the door.

**You need to teach your dog what you want them to do, and use the word and/or signal that lets them know that right now, this place, this behavior is, or is not, acceptable. Generally, I use "ENOUGH" followed quickly with "SIT".**

Does that sound simple? Most people gaze at me in distress, wondering if I am the crazy one. They usually respond, "My dog knows NO and ENOUGH but doesn't LISTEN". I am not kidding – read the last sentence again. We've all said it at least once.

Fair enough. If the dog is not listening, first, have a wellness check-up, particularly the dog's hearing. Never know – the dog could be deaf. Here what's happening. Either s/he

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doesn't understand what "No" or "Enough" means (this is true in MANY cases), or s/he understands it - but doesn't see any relevance in responding to your request. A dog must learn to respect you. Most dogs will only respect someone who gives clear communication, in a way they understand. That respect belongs to the one that supplies life rewards (food, play, exercise).

Without respect, your dog may UNDERSTAND what you want, but decides it's a choice. What you ask may not be relevant to them unless you have a treat or ball in hand. That's fine ... but you want your dog to respond with or without a treat. Plus, bribing does not teach a solid, trusting relationship where you are proactive, aware of what your dog is doing, and committed to teaching what you want the dog to do.

No matter how large or small, all dogs and children, need to respect their parents, and other cultures. We teach our small dogs to respect us (family members) in the same way as big dogs. We ask others to do the same.

### **Getting your dog to respect you means interacting in specific ways that encourage respect, *not* fear.**

Canines see and interpret the world differently than we do. Whenever you do **anything** with your dog, like walking through the family room or kitchen, back yard, petting, or speaking to him.... s/he is busy assessing your tone of voice, facial expressions and body language.

These seemingly little gestures are very important to your dog. They are the clues s/he uses to draw conclusions about you, to decide whether you're worthy of respect or someone to fear. *Fear isn't the foundation for healthy, trusting relationship.*

- If you interact with your dog in certain ways that are confusing for canines, (see body language charts at [www.dogtalk.com](http://www.dogtalk.com)) s/he will conclude that even though s/he loves you, doing what you request is an option.
- If you interact with your dog in respectful ways, thinking about whether you truly want to shape THIS BEHAVIOR, s/he will respect you as a capable leader and provider of life rewards (nutrition, well-being, love, walks, play).

### **Respectful dogs don't misbehave because they know the consequences. They learn to get what they want by doing behaviors we teach like watch-me, sit, down, stand, stay, come, relax, quiet, take-it, leave-it, drop-it, gently please, wait, enough and stop.**

Dogs need and deserve well-being and healthy, moderate exercise suited toward their individual needs and stages of development. Play sessions to tire them out, without supervision, can cause similar annoying behaviors of lunging, leaping and snapping. Some dogs need only moderate exercise. Puppies, only short sessions, then settling down. Puppies need to rest and learn to be calm (self-control).

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Others, specific breeds or mixes, and adolescents, need more guided exercise, like dog sports or long walks. Not frantic lunging on the end of a cable or willy-nilly chasing after balls. When the dog retrieves, WE need to be on the other end waiting for them to bring it back. Have another BALL or other TOSS OBJECT ready. Have healthy treats. Ask for a release for **OBJECT EXCHANGE (Dog Talk Media)**. Allow the dog to pick a ball, a frisbee. Then, call, and have them “SIT”, wait a few seconds, “GOOD and TREAT or toss ball again. Building in anticipation creates a great energy outlet for a dog that learns how to THINK.

### **Exercise, Activities, Companionship (*my pal*)**

Even respectful dogs will misbehave if they don't get enough supervised exercise, interesting activities, challenges that they can achieve, and daily companionship. Allowing a dog to sniff (Olfactory is the dog's strongest sense) will help to balance energy. How easy is this? Put sniffing on cue as a reward.

Dogs are usually sociable creatures. However, dogs don't, and we should not expect them to, enjoy being mauled by dogs who jump in their face or too many people at once. There is a safe “how to” and “how not to” way to greet a dog. A dog polite meet/greet would be sniff, circle, sniff. For people (children), calm, side-approach, treat in open hand.

Dogs, like people, need to ask, “May I please?” A solid “SIT”, “WATCH-ME” is “MAY I PLEASE?” - before launching into your spatial bubble. For more on *Spatial Bubbles* visit [www.dogtalk.com](http://www.dogtalk.com) or *Awareness Centered Training – ACT*.

Teaching dogs, and particularly Registered Therapy Dog Teams, has given me the opportunity to observe and learn. ALL dogs need basic socialization and manners (SAMS). What we teach potential therapy dog teams is exactly what all puppies / dogs deserve to become happy, healthy and confident in the real world. They will not be perfect – but with our guidance – close.

### **Boredom and frustration are major causes of behavior problems in dogs.**

Dogs vent boredom and frustration by destroying things, digging and escaping. The number one complaint from dog owners is barking. Truthfully, your dog has every right to vent his boredom when his needs of exercise and companionship are not being met.

Training and focusing energy on positive outlets helps! Teaching behaviors and respectful attitudes, human-to-dog and dog-to-human, can easily happen while living and learning with your dog, using natural life rewards (what dogs need to thrive).

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### **What you can do right now to prevent or stop behavior problems**

You need to learn effective ways to interact with your dog, teaching them to enjoy following, and being, with you. On this journey, you will make mistakes, learning the wrong ways too. Setting boundaries not only for the dog, but others, on how to interact with your dog is proactive. "SIT" is a must. Remember, "May I please?".

I teach [switch moving dogs behind me from one side to other, always on the opposite side of the stimulus \(another dog eyeballing us\)](#). Redirecting to another, more appropriate behavior (watch-me and sit), turning around and/or increasing distance between what excites them to a manageable place works! You need to get your dog's attention and calm them down before teaching them what you want. Otherwise, move further away. Otherwise, it is simply babble to them. Our dogs know hands on hips is not good. [How about teaching thumbs-up \(good\), thumbs-down \(not good, try again\)?](#)

Getting angry wastes valuable energy. We all do it. No shame/blame needed. A better approach is to be proactive, rather than reactive, especially when our dogs are being reactive. Two reactive beings launch the situation out of control. Take a deep-nose-to-navel breath before leaping into a solution. YOU calm down. This calms the dog down. It only takes a second to breathe. Now, you can sensibly and calmly manage the situation.

Many do the same thing over and over, hoping the behavior will extinguish. Some behaviors do, most will come back in full throttle.

### **Teaching a dog to "SIT" in the presence of anyone, in any situation, is one empowering behavior to teach.**

You can stop a behavior with **NO, ENOUGH, STOP IT - or THE LOOK** (just like Mom use to give). With that one word, or look, a dose of respect, balanced exercise and companionship, you will have a satisfied dog who respects you, or, tries to. Be mindful of noticing the TRY TO. When a dog gives you attention, a sit, down, comes – be prepared to praise and reward. This is shaping behavior that you want, in the moment, and is very empowering for you and the dog.

### **Teach Sit, Down, Stand, Stay, Come, Wait, Stop, No, Enough ...**

**Remember to reinforce (reward and praise) good behavior more than bad.**

**Be proactive ... more than reactive. "Please, stay over there, I'm working with my dog." Be mindful, you are the dog's parent, you set the boundaries for when, where, and with who, they interact, and for how long.**

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### Awareness Centered (Respect) Training for Puppies, Adult Dogs and People

Aggravated dog owners often call or email when their dog has “behavior problems”. Depending on the situations, some of the questions are, “How old is the dog? Adopted or purchased as puppy? Please describe the family and the dog’s environment (nutrition, exercise, other pets, children). Have you trained dogs before? Are you reading any good dog training materials or signed up for a basic manners class that allows family members to join?” You get the picture. There are no instant answers. There is information gathering, insights, options, tools and skills for committed dog parents.

### Here is a classic example of a client interaction with Gary and his dog Quin.

**Gary:** “Our dog Quin is being difficult! He won’t listen to me or do what I want. I lay on the floor to relax and he tries to eat my popcorn and bites my nose.

**Me:** “Okay, how old is Quin? Does he have a crate? Do you have any chairs or a sofa to sit on?”

**Gary** (surprised): “He’s 4-months old. No, he doesn’t respect me. I have a crate and that’s where I put him. I have furniture – obviously – why?”

**Me:** Well, at 4-months, Quin doesn’t have a clue, especially if one moment you are playing with him on the floor, and the next, you have popcorn. He needs to learn “leave-it” before knowing that some things are off limits. Dogs generalize, so the positive of your body, and what you do, matter. It’s the same to Quin if you give him a popcorn from the chair. Lying on the floor is up for grabs until he learns “leave-it – mine”. Then you can give him what he can have (healthy chew toy or treat).

### Talking Back – (Barking, Growling, Whining)

**Me:** “Does Quin sass you when you tell him to do something by barking or running off with a toy? Does he bark in his crate? What do you do?”

**Gary:** “Ah well, sometimes. He barks before and after I coax him into the crate with a treat. He can be stubborn. No matter how many times I tell him to be quiet ... he keeps barking, then whines. I can’t stand it – so I let him out to pee.”

**Me:** “Ah ... so he barks or whines and you take him out of the crate?” How about brushing him? Or, asking him to sit and wait before feeding him? How does he react? Have you ever reached toward his food bowl when he is eating – what happens?”

**Gary:** “No, he doesn’t growl at me. I don’t feed the dogs much, my wife does. He did growl at the Vet Tech on his wellness check-up. He doesn’t like a brush or having his toenails clipped, at least by me.?”

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**Me:** Ah, so next time, maybe you can bring some healthy treats for the Vet and Vet Tech to give him. You can calmly hold him and let him sniff a treat while the Vet does what is needed, creating an association that isn't so scary. He may not like going to the Vet, but he needs to, right?

**Gary:** Hmm, right. Okay, that makes sense. I can do that when brushing him or touching his paws too.

**Me:** "Exactly. Cut back a bit on calories at feeding time, using the extra to desensitize Quin to enjoying having his body touched. At this young age, and if the breeder didn't handle the puppies much, he is simply fearful. He can get over this with your help and guidance. Look at it as an exploration, game or challenge."

### Hanging onto objects

**Me:** "Does he brace his legs, terrier style like a Sumo wrestler, and refuse to let go when you try to take something away from him – like playing a game with a tug toy?"

**Gary:** "Are you kidding? He's a terrier. He loves to tug and growl. He chewed my sneakers and steals my socks and then runs off."

**Me:** "How about thinking of this as a game of sport? There needs to be rules (boundaries). Teaching him to drop a toy while offering another is the beginning of trust. Ask Quin to "SIT", "WAIT", hold the toy, then give it to him. Have another high-ranking toy or a "TREAT". Offer a choice. This begins to teach Quin that it's okay – and you will participate in the game when he accepts the rules. In Baseball, players usually don't hit a ball, then run off to the concession stand for beer. They must finish the game first."

**Gary:** "Ah, that makes sense. I think you're saying that I'm letting him get away with creating his own rules for the game we are playing."

### Pestering you

**Me:** "Does Quin persistently nudge you for attention when you're trying to read a book, watch a movie or talk on the phone?"

**Gary:** "Yup. As I said, I lay on the floor – eat popcorn – watch sports. When I'm not paying attention to him. He thinks I am his butler or play toy."

**Me:** "Aha, he thinks you are his butler or play toy or are you allowing him to think you're these things? Quin is only 4-months old, so he is learning. What might seem like being a pest is his way of figuring out what he can play with, or not, and for how long."

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### Stealing food – I am a dog thief!

**Me:** "Does Quin steal food off your plate when you leave it unattended even though he doesn't when you are there watching? Can he get into the trash?"

**Gary:** "No, he's too short for that yet – and our trash is contained. He is only 10 lbs. Hmm, yeah, he ate half my Egg McMuffin off the coffee table."

**Me:** "Where were you?"

**Gary:** "In the bathroom. Oh, I get it. Like before, I need to teach him to leave-it."

**Me:** "Even more, you have to do this every day, and spend some focused time with Quin, calmly teaching him what is *"MINE, YOURS, OURS"* (Dog Talk Media, M. Ross).

### Getting back at you

**Me:** "When Quin doesn't get his own way or is upset with you, what does he do?"

**Gary:** "He barks at me or steals my flops. He's a little S\$#T. When I tell him I'm tired, he ignores me."

**Me:** "I ask this question of almost every dog parent. Think about how you responded for a moment. Does Quin really ignore you? Or does he need to be taught when play time and relax time is? Let's explore some more ..."

### Staying just out of your reach

**Me:** "When you reach your hand toward Quin, does he sometimes dart away from you, keeping just out of reach?"

**Gary:** "Yeah, he does.... he doesn't want me to catch him, especially outdoors. He wants to stay out."

**Me:** "Sure he does, it's fun. In time, with regular outings that last even 10 or 15 minutes you can teach Quin many things like SIT, DOWN, STAY, COME, WAIT, TAKE-IT, LEAVE-IT – other things you may like too. Be creative. Dogs can learn many requests but they need boundaries and motivation. What Quin is doing is playing – he is instinctively taking advantage of a fun moment – a game of chase with his favorite person. Another consideration is to always be gentle when you touch Quin's collar. Have him SIT, give him a treat, hook of the leash. Touching our dogs should never scare them."



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### Running away from you – catching or bribing the dog

**Me:** "When you catch Quin doing something wrong, does he run from you or lead you on a merry goose chase around the house or yard?"

**Gary:** "As I said, yeah. He has a lot of energy – he needs to let it out. He runs, so I can chase him. If I catch up with him, he's so cute, I don't have the heart to scold him. I laugh. If I want to get him to follow me, I walk away. He usually comes running."

**Me:** "Good, especially the last part you shared. If you walk away and Quin comes, this is vantage point. Praise him – even though you might be ticked off. You want to praise him for joining up or following you. Have him SIT, give a treat. I'm not kidding. Do this many times, in short sessions (5-10 minutes) – walking 4 or 5 feet away. Teaching Quin to SIT, STAY, then COME is empowering and could save his life."

### "Telling off" strangers or other dogs

**Me:** "Does Quin decide who is or isn't welcome in your home? Does he bark or growl at visitors, other pets? Does he pitch a fit when he sees another dog on walks?"

**Gary:** "Hmm, he loves people. We have 3 older dogs, two are therapy dogs. They are good at role-modeling good behaviors. That said, Quin can be rough, especially with the older Border Terrier. I must separate them or our Newf does by walking in-between. The Greyhound exercises him. In strange places, Quin can be a little quiet – he isn't sure. He freezes, and as I said, he was antsy at the Vet's."

**Me:** "This is normal behavior for a 4-month puppy, or frankly, any dog who hasn't had the opportunity to be desensitized to sights, sounds, smells and unfamiliar places with a calm person – like yourself. The Newf is wonderful. What she is doing is called "splitting" or "calming" the energy. Let her – is s/he is gentle. If it gets too exciting, intervene calmly by saying, "ENOUGH, and walk in-between, just like the Newf does. You are leaning so much already!"

### Jumping on people

**Me:** "If he is asked to "SIT", by you or others, does he?" **Silence. Then ...**

**Gary:** "I'm beginning to see where you are going with this. I haven't taught him sit much. I know I should. I forgot what puppies are like. Maybe I should attend training school with him. He listens to my wife."

**Me:** "And, you said he is 4-months? Are you aware that at 4-months, puppies have learned a lot beginning with their littermates? At 1-year they are behaviorally equivalent to a 15-year-old human teenager. This doesn't mean you are bad dog parent. We know more today about how puppies develop. At 6 months, they are around 10 years old – so

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Quin will be 6-months soon. Now is the time to think about what you want the adult Quin to be like. Imagine beginning to teach a human child at 10. I have some terrific hand-outs on this at [www.dogtalk.com](http://www.dogtalk.com). I suggest you read some, and begin practicing some simple behaviors like “watch-me, sit, release, come,”. Have everyone do this with Quin.”

**Gary** (sighing): "You're right. Quin – is acting like an out of control toddler. I get agitated, then neither of us learns anything. I'd like to join a class – who do you suggest?"

### Why socialization and manners are essential

**Me:** "Why me of course, but I'm happy to schedule a private coaching session or two helping you and Quin catch up, because I could use the help. The behaviors you describe are not right or wrong, good or bad, simply learned behaviors. Quin is doing what he thinks will bring him what he wants. The behaviors appear disrespectful, and would be from an old dog who knows better, but he doesn't know any better."

**Gary:** "You're right – and I know Quin deserves to learn how to behave. I need help."

**Me:** "Yes, you do. You should attend the family classes we offer. You can integrate the training tools into daily activities with Quin. Take Quin for a walk at the park, with a pocket of healthy treats. Ask children to calmly ask him to “SIT” and offer a treat in an opened hand. Make sense?"

**Gary:** “Ah – Ha”.

### When a dog joins your family, even if your family consists only of a single person, YOU, a pack is formed.

Note: In the dog's mind, instincts compel him to seek out structure and life rewards (how to get needs AND pleasures) met. Who are the leaders and who are the followers in this pack? Whoever sets the boundaries (rules) and has the life rewards for survival are the leaders. The rest are the followers. This doesn't mean that children and teenagers, or grandma and grandpa can't train. They can - with supervision. Dogs perceive most children under 12 as littermates. Without supervised interaction, good, or bad things can happen when children and dogs engage.

**Gary** (wow): "I am glad I live with a dog trainer."

**Me:** “Me too, and I'm not just a dog trainer. I have many roles, as you know. Gary, friends are equals. Quin is your **dependent**. He depends on you for his health, his safety, his life rewards. He is a dog and sometimes “we both” forget that.”

**Gary:** "I am worried if I try to take charge all the time, we won't enjoy our relationship, or have fun”.

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**Me:** "I don't think so. I think it will help the rest of the family, and especially, Quin. He will learn to respect you and others. Most dogs will when they understand what is expected of them. When your dog recognizes you as a capable leader worthy of respect, he will respond in kind, so will people. He will be a more contented dog because he understands what you want because you clarify what "SIT" means, for how long, when and where.

**Gary:** "Okay, I like the idea that Quin will feel more secure when I teach him what to do. It's just easier to let someone else do it. I'm tired at night but this is temporary. Quin is learning and I have had other dogs, just forgot what a puppy is like. Our other dogs are easy but they are older. I enjoy him but realize he needs to learn and that won't come without some effort. I'm willing to put the effort into it.

**Me:** "Yeah, that's it, plus your significant other will appreciate it."

**Gary (hmm):** "I understand. How can I do this?"

**Me:** There are many ways to shaped and re-shape behaviors. The simplest is ***Awareness Centered Training – ACT***, one of my books that is integrated into training programs offering joyful, easy training, integrated into daily living and learning with dogs. It is all about balance, relationship, education and well-being, and teamwork."

**Gary:** "Okay, I get the message. Thanks. Considering I am married to you, this should be easy."

Yes, folks, one of my clients is my long-time husband. We share our abode with 4 dogs, 2 cats and 2 parrots – a mini-zoo who teach us a lot. Our three dogs, a Greyhound, Newfoundland and Border Terrier are helping us teach Quin, a Border Terrier. We are lucky.

I revisit, rethink and learn every time I engage with my dogs, dog friends, clients and family members. Different cultures have values that may not be the same as ours. We must respect that too but not at the dog's expense, causing fear or pain. Respectful relationships are the way to go particularly if your intention is to have your dog live within the family household and/or become a therapy dog, like several of ours are.

A few more key points ... even if you have heard it before, we forget ...

**Dogs feel safe and secure when they know that someone they respect is in charge. They don't have to be – they can relax. These dogs usually live longer because of less stress.**

Your dog craves a leader who they can trust and manage a variety of situations. The dog does not have to worry about trying to figure out our complicated world.

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**Dogs who look to us for direction are generally happier and enjoy engaging with other dogs and people.**

Dogs who learn to watch us before taking the lead themselves are willing to listen. Teaching them good behaviors is easy. Simply integrate life rewards, like eating, walking, and consider a gentle, positive training class.

People appreciate well-behaved dogs and are quick to pet and compliment them. Therapy dogs, for example, are conditioned as soon as possible, to enjoy interaction with the unfamiliar, by paying close attention to their partner (US) for cues on what to do next.

**Like children, or a game or sports, dogs feel more secure and calm when they have learned the rules of the game (living in a household) and the consequences are meaningful enough so they can learn what to do. For example, Gary walking away from Quin when he won't come. He gets Quin to come to him, not vice versa.**

Find a positive, reward based trainer (clicker training is great, but not necessary). In the daily routine, remember **LIFE REWARDS**, capitalized for a reason. Use what your dog loves and needs to teach respect with watch-me (attention), sit, down, stand, stay, come, wait, no, enough, stop, release, take-it and leave-it. Teaching your dog builds the respectful relationship you, and the dog, are seeking.

**Our world is abundant with resources that can often cause sensory overload not only for us but our dogs.**

Focus on integrating training into daily living and learning with your dogs using Life Rewards that the dog needs and thrives on. Training must be safe, supervised (children) and communicated in a manner that a puppy or adult dog can learn from.

Happy, healthy and confident dogs, at any age, require ongoing tune-ups to maintain a healthy balance, relationship, education and well-being. What worked for a puppy may not for the older dog.

Don't hesitate to seek out professionals for guidance. In the last 10 years, dog training has changed. ***Training our dogs can change our lives too.***

*Enjoy the Journey,*  
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Publications on training family and therapy dog teams