



Helpful Training Tips

- Please have the Release of Liability form filled out and signed. If you have questions, email them prior to our appointment. I do not work with anyone that does not sign this form.
- If your dog has ANY problems with new people coming into your home, have him/her put away so we may set up our introduction for success. If this will be a logistical challenge, please let me know in advance so we may address meeting protocol together.
- Please have some very high-value treats (small approximately dime-sized pieces-no large dog biscuits) and a favorite toy or two available. I'll bring some too so let me know of any dietary restrictions and have either a treat pouch or some sort of pockets so you may easily access treats.
- Please feed your dogs half or less of the normal amount of food they receive prior to my visit unless health reasons make this impossible. This will help to avoid your dog getting full during our session since we use food as rewards. Toy rewards will be introduced later unless you have a dog with extremely high toy drive.
- For multiple dog households, be prepared to separate each dog while the other is being worked with; perhaps in a crate or separate space that they are comfortable in.
- Be prepared to take notes. Recording sessions is also encouraged.
- Be prepared to alter your daily routine to fit in mini training sessions throughout the day. Practice makes perfect and without consistent practice, your dog won't learn nearly as much. If you don't have time, then you don't have time to enjoy a dog as a pet. Goldfish are nice too and require less work.
- Have a designated "team leader". This person will need to be an adult that lives in the household that coordinates training practice and ensures everyone is being consistent. This is a very helpful approach, particularly for busy families with multiple dog caregivers.
- Payments are made at the time of service via check (made out to Erin Hyden), cash, or via the Venmo ap (@Erin-Hyden).
- Understand that I am a balanced trainer and may recommend a variety of tools that I deem suitable for your specific dog. If you have questions about how these tools work ask immediately.
- Use your training log. It really helps you to keep track of your practice and allows me to troubleshoot and make changes to our training plan if necessary to optimize our success. If you have any questions in the interim please ask. I look forward to working with you and your dog to become the best team you can be!



Marker Words Chart

Word	Marker Type	Use
GOOD	Duration Marker: use to mark the exact second the dog goes into the stationary command.	Use for sit, down, place bed or any other command that required a dog to stabilize in a position. Ex. "Sit"-dog's butt hits ground-mark the butt touching the ground with a "good", then reward.
YES!	Motion Marker: use to mark the exact second a dog starts to move in the direction you want.	Use for recall (Here, Come), fetch, heel, or other commands that require the dog to actively move to comply. Ex. "Come"-dog starts to run towards you-mark the second the dog turns to run your way, then reward when they get to you.
UN-UH	No Marker: use to mark the exact second the dog breaks or ignores a command.	Use for feedback on all commands when the dog messes up, eventually pair with a squirt bottle, leash correction etc. Ex. Your dog is on it's place bed-it starts to step off before the release-you say un-uh the second it steps off and use the leash to guide the dog back on.
OKAY	Casual Release: use to release a dog from a stationary position command without getting them too pumped up.	Used for releases when you want the dog to know it can move, yet you don't want to get the dog too excited. Ex. You have guests over, you make your dog sit and wait until the people have settled and you release your dog with an "okay" to know it can calmly greet.

Learning Theory 101:

How Your Dog Learns is the Same Way You Learn

Classical Conditioning

A learning process that occurs when two stimuli are repeatedly paired: a response which is at first elicited by the second stimulus is eventually elicited by the first stimulus alone. Also known as Pavlovian Conditioning.

(Example: A dog hears a bell, salivates at the sight of food, then is fed. After enough repetitions, the dog hears the bell and salivates even when no food is present.)

Operant Conditioning

Operant Conditioning, or Skinnerian Conditioning, modifies behavior via positive and negative reinforcement. Through operant conditioning, an individual makes an association between a behavior and a consequence. It is the learning of cause and effect.

(Example: A dog is asked to sit, sits and is given a treat. A dog is asked to sit, does not sit, and it given a tap on the leash also known as a leash correction.)

There are four ways operant conditioning can occur, commonly referred to as operant conditioning quadrants. On the next page, you will get a more detailed look at the quadrants.

To train your dog we will pull a little bit from each category so that your dog learns what behaviors are acceptable, as well as what behaviors are not acceptable. This is sometimes called “balanced training” and we believe this is key to having a truly trained dog. If you only reward the behaviors you want to occur more often, and simply ignore the unwanted behaviors, you will likely have a bratty dog that only listens when they want to or when the surrounding stimulus is less interesting than their reward.

4 Quadrants of Operant Conditioning

	Add Something	Remove Something
The Behavior Occurs More Often	R+ Positive Reinforcement (Ex. Give a treat.)	R- Negative Reinforcement (Ex. Lifting finger off
The Behavior Occurs Less Often	P+ Positive Punishment (Ex. Leash correction when your dog pulls.)	P- Negative Punishment (Ex. Remove toy when dog targets hand instead of toy.)

OVERVIEW

- If you want a behavior to occur more often, you use a reward like a treat, toy, or freedom. You can also help the dog to “escape” something unpleasant when they comply.
- If you want a behavior to occur less often, you add something unpleasant or remove something they enjoy when an unwanted behavior occurs.

Marker Training

At Get Real Dog Training, we use a system of conditioning called **marker training**. This means that we will use a pre-selected word to **mark the exact moment a behavior that we have asked for has occurred**. For example, I tell the dog to sit, as soon as it's butt hits the ground, I say "good", then I give the dog a treat. It sounds simple but in dog training, timing is everything. Here is a chart to help you to get the timing just right:



Types of Markers

Stationary Marker: A word that tells your dog to keep doing what you are doing, and good things will happen. I generally use **"GOOD"**.

Release Marker: A word that tells your dog to move out of a command or position and they will be rewarded. I generally use **"YES"**.

Free or Release Word: A word that means your dog is free to move. Generally, I use **"OKAY"**. The only reward given is freedom to move.

Charging Your Markers

Since we are teaching a new verbal language to a different species that mostly relies on body language or non-verbal communication to communicate, your dog won't inherently know what these words mean. To get them on the same page, we will have to "charge" our marker words. Think of these terms that we must add value to as if they are rechargeable batteries. We will have to practice the

word and what it means, independently of asking them for a command (another word or words that they do not yet know) to create our system of learning. It's kind of like when we first learned to speak; you started with some sounds that formed into words, but true communication skills only developed with the introduction of grammar. To help you master this skill, your trainer will show you how to charge a marker and may have you start every session practicing this until both you and your dog are clear on the meanings of each marker.

Body Language of Fear in Dogs



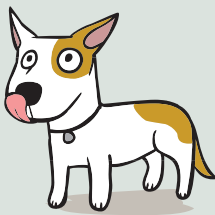
Slight Cowering



Major Cowering



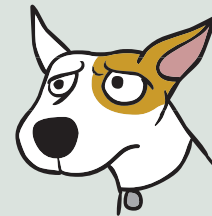
More Subtle Signs of Fear & Anxiety



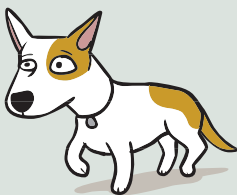
Licking Lips
when no food nearby



Panting
when not hot or thirsty



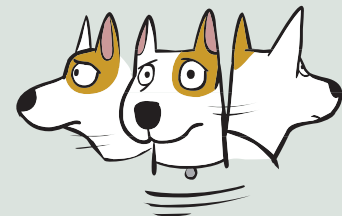
Brows Furrowed, Ears to Side



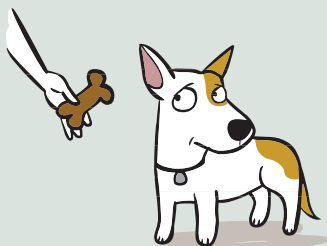
Moving in Slow Motion
walking slow on floor



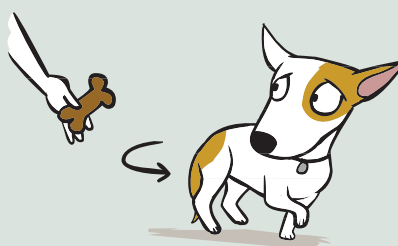
Acting Sleepy or Yawning
when they shouldn't be tired



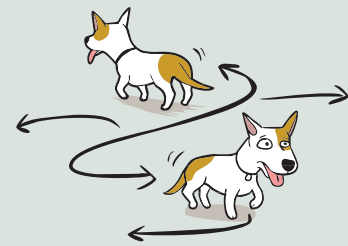
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

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Dr. Sophia Yin, DVM, MS
The Art and Science of Animal Behavior

For additional free dog bite prevention resources and more dog behavior books and products, visit www.drSophiaYin.com.

