

Introduction to training with your new Sidekick

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Congratulations on your purchase of the Sidekick. You have taken the first step toward a better relationship with your dog. In order to successfully train your dog to respond quickly to commands using the Sidekick, you must first teach the commands using a traditional leash and collar. Once your dog learns the commands with the aid of a leash, you will phase in the use of the Sidekick as a reinforcement tool. For example, if your dog does not come when called, you can use the leash to give a corrective tug toward you, compelling him to come. This is a traditional leash correction. Following the training instructions in this booklet, you will be able to gradually phase in the Sidekick to replace the leash correction, and go hands-free. The instructions and tips that follow will take you through the showing, or teaching phase of training, where you help the dog to succeed and pair the command word with the desired action. Unless you have carefully and patiently teach your dog the meaning of the command and show him what you want from him, he cannot possibly understand his mistakes, and your corrections will not be effective. Once you have done your homework with the traditional leash and collar and your dog is responding well to your commands, you will transition to using the Sidekick on the tone-only mode to reinforce commands, and then go to the tone and stimulus together during the testing phase of training, where you will ask for responses to commands in the presence of more challenging distractions.

Start by asking for commands at opportune times. For example, when teaching the 'come' command, call your dog to come to you when he is mildly distracted, not when he is chasing a squirrel up a tree. Set yourself and your dog up for success. Keep training fun and interactive. Some dogs love treats as a reward, and some prefer interactive play. Your dog should learn that commands are a way to connect the two of you in a fun, productive way, but commands are not optional. The instructions here will show you how to properly get that point across to your dog through the use of fair, unemotional corrections using the leash first, and then transitioning to the Sidekick. The Sidekick will help you and your dog enjoy hands-free work and playtime. Remember, training is never complete. You will periodically have to reinforce the commands you have taught in formal training sessions to keep your dog's responses sharp. Before giving any commands, have your dog wear the Sidekick collar for at least half an hour so he doesn't become collar-wise, and then only obey commands when he knows the collar is on. With practice, the Sidekick can eventually take the place of a leash correction, allowing you to get more distance, control and reliability.

IMPORTANT: Finding your dog's working level:

Before using your SideKick training collar it is important to find your dog's working level. To do this turn on the receiver and set the intensity level to 1. (see User Guide) Let the dog run around and get used to the weight and smell of this new device. After a few minutes, set the transmitter intensity level to level #1. Press the send stimulation button briefly. By doing so, this allows a brief stimulation to occur. If your dog senses this pulse, he will stop what he is doing and look around. Study the dog for any indication that he feels some sensation. Typically, a dog may react as if a gnat is buzzing him under the chin; or, you may notice him flicking his ear or cocking his head sideways, exhibiting a quizzical expression. When you get this type of reaction, stop at that impulse level. That is your dog's working level. However, if it doesn't appear that he felt anything at all, then go up the ladder to Level #2, and then onto Level #3 and so on (only if needed for the dog to feel any impulse generated by the collar). At no point should your dog appear distressed or concerned. There should be absolutely no vocalization from the dog.

Important points:

Never point the Sidekick transmitter at your dog. We want your dog to come to your extended hand, not to associate your hand with the stimulus.

Go through the training steps in order; don't skip ahead or take shortcuts.

Find your dogs "working level" as described above.

Don't leave the collar on when you are not home, or when your dog is crated, or for more than four hours at a time.

Never use the Sidekick in close proximity to people, children or other dogs. Some dogs will overreact to the stimulus and direct that overreaction to a nearby person or to another dog, and act aggressively.

Leave emotion out of training. If you are upset with your dog or stressed from a tough day at work, leave training for later. A good leader gently guides the dog to success, and doesn't mistake yelling for instruction.

The Come command

Most dogs will come when called inside the house in a controlled situation. **To have your dog respond to this important command outdoors where distractions tempt him, you will need to practice first using a long lead, at least 15 feet in length that does not retract.** Place the Sidekick on the dog and keep the transmitter in your pocket for now, set to tone only. This command should be compelling and nearly irresistible to your dog, so your tone of voice should be crisp and clear, but not angry. Avoid asking a question, or using a soft, singsong voice. Never call your dog to come to you when you are upset with him. Emotion should not be a factor in your training.

Day 1:

Put a few tasty treats in your pocket and head out to your front lawn with your dog on the long lead. Allow him to go ahead of you at least 5 feet. Now say “come” and take three steps backward, with your hand extended out in front of you, and down around your knee level. When your dog sees this inviting body language, he will come toward you. Praise him as he approaches and touches your hand. Open your hand right away to deliver the treat. Do this three more times, giving him a treat for touching your hand as a target.

Make the exercise more challenging by allowing the line to feed out, so your dog has the full length of it. When he moves out farther in front of you so the line is nearly taught, say, “come” and give a tug on the line as you take three steps back and put your target hand out. As he turns and begins to move toward you, praise him. Be sure he touches your hand to finish the command. Repeat this a few times until he comes reliably to your target hand. Give a treat only once per three repetitions. It is important that the treat come from your extended hand, and not from the hand that holds the line. Practice the exercises above at least twice per day for three days before moving on to the next lesson.

Day 4:

Now move to an area where your dog normally gets distracted. Take the Sidekick transmitter from your pocket and hold it in one hand, with your finger ready to press the tone-only button. Your other hand holds the long lead. As your dog moves away from you toward the distraction, say, “Come!” and press the tone-only button briefly and immediately give the long lead a quick tug toward you. You are conditioning your dog to associate the tone with the tug on the leash to compel him to come to you. The tug should be short and sharp, and not a steady

pull on the leash. The tug is the correction, always in the direction you want the dog to go, which alerts the dog to his mistake. Once the dog begins to come toward you, praise him to encourage him to come all the way to you and touch your target hand.

Practice this on the long lead with mild distractions present. Allow your dog to get to the end of the long line, and call him to come to you. If he does not respond promptly, press the tone-only button on the Sidekick and give a correcting tug toward you on the long lead. Think of what distracts your dog from listening, like neighbor children playing or a dog behind a fence, and practice in that area with your long lead and Sidekick on tone-only. If your dog comes to you before you need to tug the lead, praise him and offer a treat or toy.

Later, when your dog is responding well using the long lead and tone-only button, you will use the tone and stimulus together on the Sidekick as a correction, replacing the tug correction, when your dog ignores the command. Practice these exercises at least twice a day for three days before moving on to the next lesson.

Day 7:

Once you have done your homework using the long lead and the tone-only button on the Sidekick, you are ready to use the tone and stimulus together as a correction when your dog ignores the come command. The Sidekick will enable you to drop the long lead, which frees up you and your dog for more meaningful work and play. Start this process by taking your dog outdoors on the long lead, but let go of the lead and allow it to trail behind him. Make sure you are in an enclosed, safe area to start this. When your dog walks away from you and is mildly distracted, say, "Come!" and use your inviting body language, with your outstretched hand as a target and moving backward two steps. If he turns toward you, praise him as he begins to come back to you and touches your hand. If he does not come, apply tone and stimulus together on level 1 for one second, and then use the 'come' command again.

Your dog should recognize the Sidekick's tone and stimulus together as a correction, the same way he recognized the sharp tug on the lead, and he should turn toward you. Praise him enthusiastically and he should come willingly. If he does not respond to the Sidekick's stimulus and tone together, pick up the long lead and give a tug at the same time you press the button again. You are applying tone and stimulus together, along with the tug on the lead at the same time, to have your dog recognize the correction and finish his command.

Now try it again without tugging the long lead. Walk away from your dog and wait for him to get mildly distracted again. Once your dog is busy sniffing or looking away from you, say, "come" and use your inviting body language. If he comes

willingly, your dog is successfully recognizing the Sidekick as a replacement for a leash correction.

As long as you are in a safely enclosed area, try taking the long lead off the dog. Step away from him, holding the Sidekick with your finger ready at the tone and stimulus button. Say his name, followed by an enthusiastic 'Come' and take two steps back with your target hand out in front of you. If your dog responds right away, praise him and play with him as a reward. If he does not immediately turn toward you, apply tone and stimulus together for 1 second, and then say, 'Come'. Now your dog should be responding well. Ideally, your dog should start toward you as soon as he feels the stimulus, even before you can say, "Come". If your results are poor and the dog doesn't seem to make the association, go back to using the long line with tone only, as described in day 4, and then come back to this lesson. If your dog is performing like a champion, slowly ramp up the distractions to test him in different situations. Be fair, and watch for 'information overload' in your dog. End your sessions on a successful note, and your dog will look forward to working for you.

Once your dog is coming when called, play a game with him. Make sure he is wearing his Sidekick collar, and keep the transmitter in your pocket. Stand in front of your dog, and say his name, followed by the 'come' command. Immediately turn and run a few steps away from him. Your dog will follow you, delighted by your unexpected behavior. Praise him and then casually walk away. If he follows you, praise him briefly, but keep changing directions to see if he'll get distracted and ignore you. When he does, say 'come!' and run off again. Praise him and do it one more time. You may find it is hard to get your dog to leave you when you play this game. Your dog will discover that staying near you and paying attention to your movements is interesting and fun, and will help both of you enjoy a better relationship and a stronger bond.

The Stay Command

Stay is a challenging command because dogs like to keep moving. Often dog owners will use this command in situations that already involve a distraction, such as asking your dog to 'stay' when another dog is within sight or when a rabbit ducks into a bush. **In order to teach your dog to stay reliably, you must first work on this command in a quiet area with no distractions. First, you will show your dog how to succeed at 'stay' using a traditional leash and collar, and a professional dog trainer's edge: the 'backtie'.**

The 'backtie' is simply a method of tying the dog to a rigid object, like a strong table leg indoors or a tree or post outdoors, so that when you give the 'stay' command and walk away, the dog cannot follow you, and he quickly learns to wait patiently until you return to him. Then, you will transition to using the

Sidekick to correct mistakes, allowing you and your dog more freedom. Use a matter-of-fact tone that is not harsh. Don't cajole or plead with your dog, or say the command over and over. Your confident attitude, along with lots of practice using the instructions below, will inspire the dog to work for you.

Day 1:

Start indoors with your dog on a 6-foot leash and traditional collar. Tie the leash to a strong table leg or a door handle. Step out in front of your dog and say, "Stay", putting your hand up in front of you, palm out, as a stop sign. Now walk away 5 feet with your back to the dog. Turn and face him with your hand up again, but do not repeat the command. Watch your dog's body language. When he is calm and not tugging at the tie, walk back to him keeping your hand up. When you reach him, say "OK", then praise him. Try this a few more times, adding a bit of distance. When you are able to walk away 10 feet and the backtie remains slack because your dog is calmly waiting, try it again with a mild distraction. For example, you can step briefly out of sight and come right back, or bounce a ball. Practice this at least three times a day for three days. If your dog stays very well during these light distractions, move on to the next step.

Day 4:

Now you will take this process outdoors, where your dog will find it harder to focus on the command. Put the Sidekick collar on, as well as a traditional collar, and hold the transmitter. Now you will use a long lead, 10 to 15 feet and non-retractable, to backtie your dog to a tree or strong post. Attach the long lead to his traditional collar, and tie it to a rigid object, leaving the dog about 5 feet of room on the lead. Keep the backtie up over his head, instead of low around his legs where he can get tangled. Step out in front of your dog, near the end of the backtie, so there is a bit of slack left. Say, "Stay", hold your hand up as a stop sign, and walk away with your back turned. (Note that you are not yet asking for a specific position, like Sit.

You will first teach the dog the command by itself, without combining 'stay' with another command, so he correctly associates the word 'stay' with waiting for your return.) If your dog tests the backtie by trying to move toward you, briefly press the tone-only button on the Sidekick and say, "Stay". Hold your hand up again in the stop sign position, but don't repeat the command. When the dog stops tugging at the backtie and relaxes, go back to him, keeping your hand up. When you are in front of him, say, "OK" followed by lots of praise. Now change your position and try this again, finding a different place to use the backtie. If you only practice 'stay' in the same place every time, your dog will stay in that location only.

Introduce mild distractions again, just as you did indoors. Your distractions should not be so tempting that the dog does not succeed at the 'stay' command after three attempts. Start with easy distractions, like tossing a stick at your feet (not toward the dog), and then ramp up to more challenging distractions when your dog refuses to be tempted and stays in position. If your dog breaks the 'stay' command and tries to move toward you, press the tone-only button briefly and then say, "Stay". Do not return to the dog when he makes a mistake, as this is rewarding to the dog, and you don't want to reward the dog for breaking the command.

Once you can introduce mild distractions without your dog moving, you are ready to untie him. Simply untie the long lead from the tree or post, but keep it attached to the dog's traditional collar. Now step out in front of your dog and say, "Stay". Move away as before, and turn to face your dog with your hand up, signaling him to stay. If he moves, press the tone-only button and say, "Stay". Your dog should stop moving and resume waiting for your return. If he keeps moving, press the tone-only button again, then pick up the long lead and resume work on the backtie again. The 'stay' command requires many repetitions, so work on this when you have lots of time and can be patient. Practice this at least three times per day for three days, and when your dog stays reliably on a long lead without the aid of the backtie, move on to the next step.

Day 7:

You will now begin to pair the Sidekick's stimulus and tone together to correct the dog when he breaks the 'stay' command. Take your dog outside on the long, non-retractable lead. Choose a quiet spot with little activity, and tie the long lead to a tree or sturdy post as a backtie. Hold the transmitter of the Sidekick in your hand, down at your side. Tell him, "Stay" and turn to walk away just five feet. Turn to face your dog with your hand up as a stop sign. If he has not moved, go back to him, say, "OK" to release him, and praise him. If your dog follows you or gets up to investigate a scent instead of staying, press the Sidekick's stimulus and tone together for one second, set on level 1. Then say, "Stay", without returning to the dog. If he holds his position, wait 5 seconds, and go back to him, say, "OK" and then praise him. Do this two more times with the aid of the backtie, using the tone and stimulus together if your dog moves from the 'stay' position.

Once he is holding the 'stay' without needing the correction from the Sidekick's transmitter, you are ready to untie him. Look to make sure the area is safe and you are not close to any streets. Stretch the long lead out on the ground, trailing away from your dog. Stand in front of your dog, facing him. Say, "Stay", and turn and walk away 10 feet, placing your footsteps on the long lead as you go. Keep an eye on him, over your shoulder, as you walk away. If he moves out of position, stop walking and press the tone and stimulus together on the Sidekick

on level 1 for 1 second, and say, “Stay”. Your foot firmly on the trailing long lead will prevent him from going anywhere. If he stops moving around and resumes waiting for you, he is properly associating the Sidekick with a correction for breaking the ‘stay’, in the same way the backtie corrected him for trying to follow you in previous sessions. Now turn and walk another few steps away. When you face your dog, he should be waiting for you. If you are getting a good response from your dog, try moving to another area with increased distractions, always keeping the dog’s safety in mind. If your dog is ignoring the Sidekick’s correction, you may go to level 2 and try again, but be sure you have done your homework first with the backtie and the tone-only button, as described on Day 4.

When you move to a new area, start by using the backtie for two repetitions, and then untie him for more work, keeping the long lead within reach for safety. Practice this at least twice a day for three days until your dog is confidently holding the ‘stay’ command without needing the correction from the Sidekick. Now you can move on to the next step.

Day 10:

You and your dog are now ready for the off-leash challenge. Start back inside your house. Have your dog wear the Sidekick collar for at least half an hour before you give any commands. Approach your dog and ask him to sit. Then say, “Stay”, holding your hand up as a stop sign, and move away 5 feet with your back turned. You are going back to the first steps of teaching the ‘stay’ command, except now your dog is not restrained by the backtie.

If he stays well the first try, you have done your homework and are ready to add distractions. Ask your dog to sit, and then tell him to stay, about 10 feet from your back door. Leave your dog in that ‘stay’ position and move to the back door, keeping your finger on the tone and stimulus button of the Sidekick, set on level 1. Hold up your hand in the stop sign position and open the back door wide. If your dog moves, press the tone and stimulus button together and close the door with your other hand. If your dog stops, say, “stay” and try it again. If your dog continues to move, put him back in the same place he was when you originally gave the sit and stay command, and do it over. When you have success, try other distractions inside before you move outdoors.

For now, when outdoors, try the ‘stay’ command off leash only in a safely enclosed area. Once you can move away 20 feet and your dog waits attentively for your return despite tempting distractions, you are communicating successfully with your dog and he is gaining respect for your commands.

The Stop command

The Sidekick can help you correct bad habits that can endanger your dog's life. Some dogs will dart out the front door at any opportunity, and can encounter a moving car in seconds. Others will lie contentedly in the front yard while you are gardening or getting the mail, only to dash across the street after a bicycle or jogger. With careful practice, the Sidekick can help you stop these habits, and give you peace of mind. **You will now begin testing your dog, expecting him to respond to a more advanced command with tempting distractions present. To be successful, you must first teach him carefully, using a traditional collar and long lead.**

Day 1:

We will now introduce your dog to a life-saving command: Stop. To begin this, put the Sidekick collar on your dog, and hold the transmitter. Place a traditional collar on, and attach a long lead. Go to an area outside with mild distractions present.

You will tie the end of the long lead to a stationary object, like a tree or post, giving your dog the full length of the line. Walk with your dog to the end of the lead, noting where the lead stops him from going further. Place a marker here, like a stick or leaf. Now go back with your dog toward the tree or post so he has lots of slack in the line. Briefly play with him and pat him. Now just walk away toward your marker. Let the dog follow you until you are almost at the marker. Turn and face your dog, and say, "Stop!" holding both hands up, palms out, as a stop sign. Keep walking about 10 more steps and allow the long lead to stop the dog. Wait a moment until he relaxes and the backtie is slack. Now just go back to the dog and play with him again, giving him plenty of slack on the long lead.

Walk toward the marker again, putting your finger on the tone-only button of the Sidekick. About five feet before you reach your marker, turn and say, "Stop!" with your hands up. As your dog inches forward, press the tone-only button on the Sidekick just as the long lead tightens. Your timing needs to be good here; you are trying to press the button just as he reaches the boundary. Keep walking a few more feet and allow the long lead to stop the dog. Return when he is calm, and play with him briefly.

Now, jog slowly over to the marker. Keep going past the marker, but say, "Stop!" just before you pass it, pressing the tone-only button on the Sidekick. Look over your shoulder to see if the dog responds and stops on his own, without the aid of the long lead. If you can still see slack in the long lead, your dog has understood the command. Try this two more times, saying "Stop" just short of the marker.

You are looking for slack in the line, so you know your dog is really stopping on his own, and not just hitting the end of the long lead. Move to another place

outdoors and try this again. New environments present new challenges and distractions. Keep practicing this with the long lead and the Sidekick at least twice per day for three days before moving on to the next step.

Day 4:

Begin by attaching the long lead to your dog's traditional collar. Your dog should also wear the Sidekick collar, and you will hold the transmitter, set to level 1. Head outdoors, and attach the backtie to a rigid object. Ask your dog to sit, and then to stay, well within the range of the backtie, so there is plenty of slack. Walk away, out of the range of the backtie, marking the spot where it will tighten. Turn to face him, holding your hand up as a stop sign. Then, drop your hand and release your dog from the stay position by saying, "OK". As he starts to move toward you, hold up both hands and say, "Stop!" Your dog will likely slow down, but keep moving toward you. If he does, press the tone and stimulus together for one second, keeping your hands up, palms out toward the dog. The dog should then stop. Wait a moment, then return to him, praising him. If he does not stop and keeps moving toward you after you have corrected him with the Sidekick, the long lead will stop him. Repeat this three times, until the dog stops on his own without the aid of the Sidekick.

Once the dog is successful at this, untie him and let the long lead trail. Walk around a bit with your dog and briefly play with him. Then, give him a 'stay' command again, and walk away at least 10 feet. Face him, wait a moment so he holds the 'stay', and then say, "OK" to release him. Give your 'stop' command again, with both hands up. If your dog does not stop right away, press the tone and stimulus together for 1 second, keeping your hands up. Once he stops, wait a moment and return to him, praising him. Now you are successfully replacing the long lead correction with the Sidekick. Practice this for three days, always with the long lead trailing for safety, because if he goes right past you, you can stop him by picking up the long lead.

Try playing a game with your dog to help solidify the command. Go inside and play with him, clapping your hands and ruffling his fur. He'll be delighted at your antics and dance around with you. Then, say, "Stop!" and freeze in position with your hands up. Your dog should stop, too. Do this several times, and then praise him for his efforts. Keep it light and fun, so he associates the word with the action in a less serious setting. Now move on to the next step.

Day 7:

For the next exercise, you will go back indoors. Put the long lead on your dog, attached to the traditional collar. Put the Sidekick collar on, set to level 1. Go to your front door and allow the dog to follow you. The long lead should be trailing behind him. The first time you try this, attach the long lead to a rigid object indoors, so the length of the lead allows him only enough slack to get only halfway across the threshold when the door opens. (You may use a helper instead, to step firmly on the long lead, way back at the handle end.) Now, open the door. When your dog begins to step out, say, "Stop!" and press the tone-only button on the Sidekick. This time, you are not out in front of him to offer the visual aid of your hands up as a stop sign, so he must remember the command word and stop himself. If he does not, the backtie will stop him in one or two more steps. Your timing has to be good. You want to say, "Stop" and press the tone-only button just before the long lead stops him, so he only gets one step over the threshold to the outside. Try this three times, or until he stops without hitting the end of the long lead.

Now you will combine the 'stop' command with the 'stay' command. Ask your dog to sit, about 5 feet inside your door. Now stand in front of your dog, and give him a firm, "Stay". Go to the front door and open it, stepping outside just a few feet beyond the threshold. If you have done your homework on the 'stay' command, your dog should hold steady. Once you are outside, face him and say, "OK". As he speeds toward the open door, say, "Stop!" with your hands up, blocking his path. If he keeps coming, press the tone and stimulus together on the Sidekick for 1 second. Your dog should stop. If not, simply step on the long lead as he goes past you, and pick it up, giving a firm, corrective tug, then try again. Keep practicing, placing your dog further inside, away from the door, in his 'stay' position. When you release him from the 'stay', say, "Stop!" just as he reaches the threshold, pressing tone and stimulus together on the Sidekick only if he crosses the threshold. You may increase the stimulus level to 2 if your dog is ignoring the correction, and try again several times. Before you increase the level, make sure you have done your homework first with the backtie and the tone-only button, as described on Day 4.

Once your dog is doing well at this, try it at a back door if you have one, to change the area. As you progress, move further outside, away from the door so your body does not look like a barrier. Your dog should not be affected by this, and should still respond to 'stop' at the threshold when told to do so. If he is doing well, go about 15 feet out in front as you keep him in a 'stay' inside the threshold. Then, say "OK" and allow him to come all the way outside, fully across the threshold, but then say, "Stop!" before he gets past you. If he does not stop, press the tone and stimulus together for 1 second, and step on the long lead if necessary. Repeat this until he stops without the aid of the Sidekick's correction. If you are confident in your dog's response to the 'stop' command, you may try it without the long lead attached, but always keep safety foremost in your mind. Practice this twice per day for three days before moving on to the next step.

Day 10:

Now you will try the 'stop' command with more challenging distractions present. Go outdoors again, with your dog wearing his traditional collar with long lead attached, and the Sidekick collar set to level 1. Keep the transmitter in your hand. Try to enlist the help of a neighbor or friend. (If your dog tends to defend his territory or act aggressively toward people, be sure he is securely backtied before trying this exercise, so he cannot approach your helper.) Ask your dog to 'stay' in the yard, and then walk over to your helper to chat. Now turn toward your dog and say, "OK", allowing him to proceed toward you. When he is halfway to you, say, "Stop", holding both hands up. If he stops, tell him, "Stay" and continue talking to your helper for another moment. Then, go back to your dog and praise him. If he does not stop when asked, press the tone and stimulus together for 1 second, holding your hands up. If he keeps coming, pick up the long lead and give a firm, corrective tug, and then try the same exercise again, starting with 'stay'. If your dog is creeping forward and not stopping properly, he should not be allowed to greet the helper, as this is the same as a reward to your dog. Practice this until your dog stops on command without the aid of the Sidekick's correction. You may need to attach the long lead to a tree or post to reinforce this, especially if your dog is very social and loves to meet people.

Once your dog is successful, add a more challenging distraction. Ask a helper to ride a bicycle past the house, jog by, or bounce a tennis ball. Always be ready to stop him with the long lead so he isn't rewarded for ignoring the 'stop' command by getting to the distraction. Testing your dog with these distractions, and then using the Sidekick to correct mistakes, will help make your dog reliable in many different situations. If a helper is not available to you, take your dog to an area where there are distractions some distance away. Don't try these exercises at the dog park or with lots of pedestrians present, because you will be setting your dog up for failure. If you find yourself having to correct him often, go back to Day 7 and do those exercises again. Every dog has difficulty with distractions, even those owned by professional dog trainers. Be patient and consistent, and you will have a better relationship with your dog, both in work and play.

Points to Remember

Remember:

- Say, "Come!" clearly, with enthusiasm.
- Move backward three steps as your dog approaches.
Your dog should touch your outstretched hand.
Give lots of praise!

Equipment needed: long lead, traditional collar, Sidekick collar, treats and a fun toy.

Remember:

- Call your dog when he's mildly distracted.
- Press tone-only on the Sidekick and tug the long lead toward you.
- A short, sharp tug is best, not steady pulling.
- Praise your dog when he succeeds!

Equipment needed: long lead, Sidekick collar and transmitter, treats, and a fun toy

Remember:

- Practice in a safely enclosed area.
- Drop the long lead, but stay within reach.
- If the 'come' command is ignored, press tone and stimulus together on level 1, and then say, "Come!" again, using your outstretched hand as a target for the dog.
- If you are not getting good results, go back to using the long lead with the Sidekick.
- Praise your dog when he complies.

Equipment needed: long lead, Sidekick collar and transmitter on level 1, and a fun toy.

Remember:

- Say, "Stay" as a directive, not as a question.
- Hold your hand up, palm out, as a stop sign.
- Walk away with your back turned.
- Return only when the dog is calm and the line is slack.

Equipment needed: 6-foot leash, traditional collar.

Remember:

- Use the long lead for the backtie, so the dog cannot follow you.
- If the dog moves out of the 'stay' position, press the tone-only button on the Sidekick, and then say, "Stay".
- Wait until the dog relaxes, accepting your distance, before you return.
- Release the dog by saying, "OK!", and then praise him.

Remember:

- Start in an area with few distractions, using the backtie to accelerate learning.
- If the dog ignores the 'stay' command, press the tone and stimulus together on the Sidekick for 1 second, set on level 1, then say, "Stay".
- If you are successful for three repetitions, untie the dog but keep the long lead on.
- Stay in a safely enclosed area.

Equipment needed: long, non-retractable lead, traditional collar, Sidekick collar and transmitter.

Remember:

- Start your off-leash work indoors.
- Set your dog up for success, then slowly increase distractions.
- If your dog breaks the 'stay', press tone and stimulus together on level 1.
- Practice in different areas and situations to solidify the command.

Equipment needed: Sidekick collar and transmitter.

Remember:

- Let the dog follow you as you walk toward your marker.
- Say, "Stop!" before the long lead tightens.
- Use the tone-only button if the dog keeps moving; the backtie will stop him.
- Wait a minute, then return and praise your dog.

Equipment needed: Long lead, traditional leash and collar, Sidekick collar and transmitter.

Remember:

- Ask for 'stay' within range of the backtie so there is plenty of slack.
- Say, "OK" to release him, then say, "Stop!", before the backtie stops him.
- Untie the long lead only after the dog stops successfully for three repetitions.
- Watch your timing: to correct movement, press tone and stimulus together for 1 second well before the dog gets to you.
- Once the dog stops, wait a moment before returning and praising him.

Equipment needed: long lead and traditional collar, Sidekick collar and transmitter.

Remember:

- At first, use a helper or backtie for safety.
- Say, "Stop!" before the dog crosses the threshold.
- Press the tone and stimulus together for 1 second if he keeps moving.
- Once the dog is successful for several repetitions, untie the long lead and let it trail.
- Gradually increase distance and difficulty.

Equipment needed: long lead and traditional collar, Sidekick collar and transmitter, and helper, if available

Remember:

- Keep the dog backtied if he shows aggression toward people or other animals.
- Watch your timing and pay attention; a late correction is meaningless.
- Keep your dog's safety and that of others in mind.
- Be patient and consistent, and go back to Day 7 exercises if the dog is not responding.

Equipment needed: long lead and traditional collar, Sidekick collar and transmitter, and a helper, if available.