

 Absolute Dogs®



NBN TIPS SERIES

DOGS WHO HAVE LESS PREDICTABLE SCHEDULES
ARE MUCH HAPPIER IN THEIR EVERYDAY LIFE

TIP 1 DITCH THE ROUTINE

Dogs are born predicting, from where the milk comes from to where the next walk will be - the prediction of excitement for some dogs can be as good as the event itself!

Your dogs will naturally want to find predictors and find creative ways to predict things. Wherever and whenever you can - Don't let this happen! Try to mix it up as much as possible - **don't be predictable!**

Over-arousal can happen from predicting the event / fear from predicting a negative event. Dogs who have less predictable schedules are much happier in their everyday life. They are flexible!

So how can you make your dog more flexible?...change the:

- Way you feed (scatter feeding, kong, bone, etc.) Interactive feeding is the way forward!
- Way you exercise / training routine - mix it up!

All of the above increases flexibility - being able to think outside the box is super key to creating a happy and easily adjustable dog!

Ditching the routine can be far less stressful for the dog - actually it's the humans that can find it hard! Your dog will for sure be happier and more content as long as you can stick with it...the more you do it, the easier it becomes - just wait for the benefits to come flooding in!

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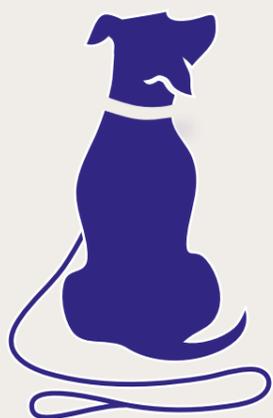
TIP 2 MANAGEMENT IS TRAINING

Dogs make choices in everyday life. They have an infinite number of choices each and every day - whether to go and investigate that barking dog in the park, whether to surf the counter searching for food...

We need to consider:

- **If their choice is reinforced** - that choice will be 100% more likely to be made again in the future
- **If a choice is punished** - the choice is way less likely to be made again in the future!

Dog behaviours can be grouped into
Desirable or Undesirable Behaviours



DESIRABLE

Behaviours Include:

- Staying near me
- Sit or lie down on boundary
- Recall away from other dogs



UNDESIRABLE

Behaviours Include:

- Chasing a jogger in the park
- Constant sniffing on a walk
- Surfing the counter

Our requirements and wishes don't always coincide with our dogs agendas! Sometimes they have their own agendas!

Our role as dog trainers and owners of our **NBN** dogs is to guide, show and to help turn struggles into strengths, we want to see more of the desirable behaviours, we guide them using POSITIVE REINFORCEMENT and trying to select the behaviours we really like! As we reinforce the choices we want, our dog is more likely to make that choice again in the future. You have made that choice super attractive to them and valuable!

One way to simplify this down is to think, in every situation: we must reward the choices we do want and ignore the ones we don't want.

We like to think of this as a **Reinforcement Rich Life** - 24/7 fun and success. This is where you can reward your dogs throughout the day as they make choices, this is a 24/7 opportunity! For example - if you reward your dog for having 4 feet on the floor in the kitchen, then your dog is less likely to counter surf and more likely to keep 4 feet on the floor!

By rewarding choices 24/7, the good choices, your good behaviour is going to start happening more frequently, you have the opportunity 24/7.



**REMEMBER
TRAINING IS**

24 / 7

**IT GOES BEYOND THE AVERAGE
CLASS OR TRAINING SESSION**

THIS IS 24/7 DOG TRAINING!

Gear up your environment to help you achieve this: for example have food/rewards in every room of the house, in different pockets, etc. Be prepared to reinforce your dog at any time - all the time - surprise them for making those good choices.

There are huge links here to **'DITCH THE BOWL'**, so make sure you look back on your TIPS!

TIP 3 DITCH THE BOWL

So the benefits to ditching the bowl are HUGE – they are super massive for the long term relationship investment for you and for your dog: this is probably the BIGGEST change you could make to boost your overall relationship with your canine friend.

You will become the centre of everything fun for them! And for you!

Think of ways to mix up feeding – stuffed toys, snuffle mats, puzzle games, chews, they are just the start!

Our dogs wake up every morning with a big pot of value for that day – i.e. food.

We can decide where and how that pot of value is divided and feed our dog as and when we want to around our busy lifestyle.

By playing games we pour all that value into the RELATIONSHIP BANK ACCOUNT instead of a bowl. The benefits are HUGE and it really is massive for long-term relationship investment with your dog.

It is probably the biggest change you could make to boost your overall relationship because you become the centre of everything fun.

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And for you!**





TIP 4 KEEP A DIARY

Keeping a diary should focus on whatever your current struggle is e.g. (noise / reactivity / other dogs)

Record keeping is KEY! This is a super useful tool to track progress and will help to allow you to see improvements! It encourages you to look at what skills you have currently (focus, calmness, etc)... and to pinpoint your 'weakest' areas? These are what we really need to GOAL set for!

Look at when your struggle is happening, is at at various times in the day and is it predictable at all? What happens when your dog hears a noise? Does your dog respond? What is that response? Is that appropriate for you?

Now think about your training and focus for the next 3 weeks. Start to work on the games that will be able to help you.

Record the skills / reactions you are getting, take note and pay attention! How does the before and after compare? Writing things down in this way can help you see patterns, that you may not have noticed before record keeping!

Not only does this help you identify bite size chunks of what to work on, but record keeping can also help to show you progress and how far you have really come. It is easy to forget our achievements!

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Keep a record for 'stacking', how full is your dog's bucket?

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A diary can help you understand and keep a record for 'stacking' - how full is your dog's bucket?? This is so super key - like VITAL information - the more you know about this the better! So keeping a diary will remind you where you are on a day to day basis!

When your dog has had a 'reaction' it can take up to 72 hours to come back down. Yes we really said 72 hours! That seems NUTS right, but it's true! 72 hours! This makes record keeping vital - track when the reaction was and tailor their experiences so enable their arousal levels to drop smoothly and safely.

TIP 5 PLAY IS REINFORCING

Play = one of our most favourite skills!

It can massively boost motivation, that's yours and your dogs, yes it really can be a boost for you both and it can super charge desire and also change the energy and dynamic in such a simple way. It's fun, it will make you laugh and you will have so much energy after you play - it will be oh so very worth it!

Those that play together-stay together!
And oh how true this is, it's crazily true!
Play can be in many, many different formats
- there really is no limit to play, like NONE!

e.g. tugging, or chasing a toy, catching, retrieving or maybe switching toys or hunting them out and finding them! There really are no limits to the fun you guys can have!

Not every dog is the same - every dog will play differently and find different aspects of play rewarding/reinforcing. You need to learn to play in your own way with your dog.

Try to be dynamic and most importantly REAL! Your dogs know when you are faking it, they know when it's not for real and they know when you really don't have the energy.

PLAY WHEN YOU FEEL INSPIRED TO PLAY!

Play should be pressure free - remember it's fun, and if it isn't then you need to take a step back and re evaluate. Let's reiterate that. **PRESSURE FREE!**

Reward that choice / behaviour with play, play is super FUN and helps to make decisions easier in the long run for your dog!

If you follow our training / resources, then you know we are positive reinforcement and games based trainers. Games are

so super cool and FUN! Super awesome learning for dogs, without them even realising they are even training.

Now how super duper cool is that?

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You will wonder
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”



TIP 6 TEACH MIDDLE!

Middle' is a super cool control position and a good emergency recall and fun position and behaviour for your dog!

Why do we love it so much?

- It builds huge value in YOU!
- It teaches your dog fun proximity = FUN!

So I hear you say “how do we teach this awesome behaviour?”

STEP 1. Standing with your legs apart and dog between you, apply a little bit of push back / pressure backwards. As you let go, your dog's natural reflex is to move forwards – Reward that super cool decision! It's a great decision!

STEP 2. Once they get the hang of that, place food behind you, then as they have eaten that piece of food, they will naturally come forward to find the next piece of food. Reward that too!

STEP 3. Next step is to mix this up. Change the placement of the food (for example place to your left or right instead of behind you). Can your dog come back into your middle. Work the pieces of food around the clock and see that your dog can find middle from any position.

Middle is magic! You will wonder how you ever lived without this behaviour as it solves a whole load of struggles in one go! This is literally one of the best behaviours we have and know.



TIP 7

VIDEO YOURSELF TRAINING

This is a truly brilliant way to pick up some feedback that you weren't maybe even aware of (you may only spot it on a slow playback). Videoing helps you to...

- Keep track of your goals
- Watch and celebrate success
- Critique your session
- Get a different perspective on your sessions

Videoing and playing back your sessions whilst note taking can be huge! Really this is the way to making sure that each and everyone of your training sessions gets better. Learn and reflect and grow every time you get to work together!



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Virtual or face to face
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TIP 8 FIND YOUR COMMUNITY

Need more help?

Do you know where they are? Have you reached out to them? Do they know you? We are here in this together. Virtual or face to face both are ace as long as the energy is good, we love seeing great energy.

Having a training partner (doesn't have to be face to face, it really, really can be virtual). Tell each other your goals and plans, they are really possible - make yourselves accountable to each other. And more importantly have a super duper awesome FUN time!

Social media is great for this:

Join the NBN facebook group here:

Or set up a secret facebook group with others, here you could post videos of your training sessions (see tip 9) and get feedback from trusted peers.



Be part of the academy
Watch out for when we are accepting new members and become a part of our awesome supportive community



Bespoke Training
There are trainers out there who can tailor training plans to help, for example our friends at Devon Dogs have awesome packages available!



Skype 121s
Skype chat with Tom and Lauren to get a 1-on-1 on your specific training struggles and more...



Come and visit us at Absolute or NBN Camp, there is so much learning to be had here!

TIP 9

LET GO, HAVE FUN, ENJOY THE JOURNEY, RISK FORWARD!

We all know that we avoid training / working on a specific struggle because we are scared of failing...

Write down your 3 biggest struggles and for each one think about the games you have learnt and the resources you have available to you. If you still have questions do you have anyone that knows the answers? Chat to us - we want to help! There is always a solution!

Make a plan for the next 3 weeks to work on at least one of these points. Tackle it step by step!

Take that leap forward into a new world. What you start working on today will make things better! Risk forward!!! Open your mind to something new and positive! Remember, the more you try and the more you make that leap, the easier it will become. We know that you can do this...

- ✓ **Let go of that fear**
- ✓ **Push through that pain**
- ✓ **Let go of that situation in the past**
- ✓ **Let go of other dog owners that we can't control**
- ✓ **Take ownership for what we can do ourselves....**



LEARN, DIG DEEP & DEVELOP & THEN LEARN MORE...

By reading this you are already a SUPER DOG OWNER who is willing to learn, your dog is very very lucky! There are a LOT of training materials out there so your learning needs never stop.

 Also many different Facebook pages to explore...

Absolute Dogs - www.facebook.com/absolutedogs/

DevonDogs - www.facebook.com/DevonDogs1/

Relationship Power Training - www.facebook.com/groups/214490725633880/

Naughty But Nice - www.facebook.com/groups/610566119052717/

Behavet - www.facebook.com/behavet/

Don't be afraid to TRY – learn by DOING. Have faith and take that leap. Risk forward. You will never know if you don't give it a go! Share your experiences, all of them and learn from others. You are not alone in your struggles with your NBN dog.



Absolute Dogs.

absolute-dogs.com