

## Training Time

Progress toward reaching your goals depends on the time spent outside of class training. The time spent in class or with your Instructor is insufficient for you and your dog to learn and understand a behavior. Therefore it is important that each day you and your dog train at home on the new as well as previously taught exercises and behaviors.

The following are some important points to help keep your training time a positive experience for both you and your dog.

1. Keep your training time short. Train in periods of 3 to 5 minutes several times a day.
2. As you are teaching your dog a new exercise, work in a distraction free environment — just you and your dog. Once your dog understands the behavior, you can begin working around distractions.
3. No interruptions! Make these few minutes of training time interruption free. Leaving your dog to do something else can be very negative for your dog.
4. Be prepared for your training session. This means having your clicker, your food rewards and most importantly knowing what you are going to work on and how you are going to do it. Read and re-read your handouts until you are familiar with each exercise.
5. If you are tired, not feeling well, upset, etc. do not train your dog. Skip that session or day, and wait until you are eager to teach your dog.
6. Likewise, think about what your dog has been doing before you start training. Has he just waked up from a nap? Has he just eaten his dinner? Has he just returned from a walk? Has he just finished a game of fetch? These are examples of when your dog may not be interested in training. Train when your dog is eager, alert, and hungry.
7. Always end a training session on a positive note and leave your dog wanting more.
8. Most important — set yourself and your dog up for success!!