

How To Incorporate Training Into Your Day

In today's busy world we have enough to do with our daily responsibilities of work, family, household duties, running kids here and there and the likes. It can be hard to fathom training your dog on top of all of this. Training should be fun for you and your dog as it helps to create strong bonds and mentally and physically challenges your dog, which will help your dog live longer.

Training should never seem like a chore. It can be easily incorporated into your daily routine. Dogs perform better, learn faster, and will become reliable by using repetition in short sessions. Here are some of the ways that you can train your dog and reinforce his manners with very little effort:

- Ask the dog to sit in doorways, going in and out of crates, for his meals, or anytime you need the dog to regain composure. (Less than 30 seconds)
- Did you know that you could watch television and train your dog? That's what commercials are for! Run your dog through basic commands while there is a commercial on. At the end of the commercial, you can put your dog in a down stay until it is time to start again. (1-2 minutes)
- Regular exercise is not only a daily requirement of your dog but it is a great way to stretch his mind with all the sights and sounds of the environment. Walks can be highly stimulating for a dog and quite a pleasure for you. While out for a walk, you can practice walking on a loose leash, basic commands like sit, down, etc. If you have practiced recalls in your back yard, you can find an off leash area to play games and recall your dog. Sometimes we focus too much on the physical aspect of walking when it really is more about the quality of the walk than the quantity of the walk. (10-15 minutes to start)
- Games! Yep, dogs play them too and some dogs can be quite relentless when it comes to a game of fetch. Suggested games are listed on the homework sheets. They help with basic command work and are just darn out right fun! (10 minutes)
- Do you have 30 seconds to spare? Call your dog! Once he has come running asking him to sit and wait for his treat, love him up and then release him. For reliable recall under any circumstances it needs to be practiced frequently.
- Are you busy making supper or outside working in the yard and your pooch is lying nicely and is not under foot? Reward and praise! Catch your dog doing something right! Even if you are not in the midst of "training". Sometimes the best behaviors are caught when we least expect it. A lot of the "tricks" my dogs know were taught by accident. They displayed the behavior or action, I liked it and rewarded it. It doesn't take long for the dog to figure out how to get more treats out of you. (Less than 5 seconds!)

