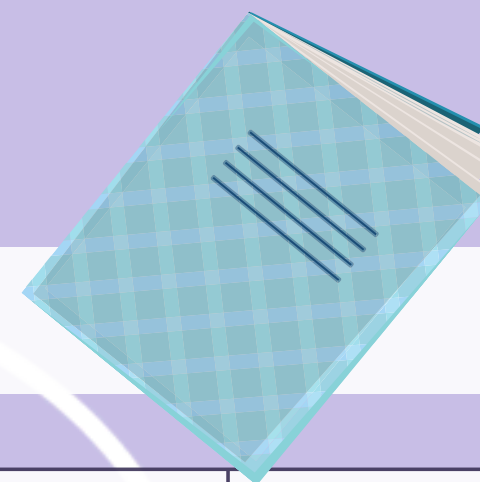


# HOMWORK

## WEEK 6



Exercise	When/where/how to practice	Done?
<u>Recall</u> – temptation alley	<ul style="list-style-type: none"> <li>Recall through 2 lines of set up 'temptations' such as shoes, toys, covered food etc</li> </ul>	<input type="checkbox"/>
<u>Loose lead walking</u> – through obstacles with distractions	<ul style="list-style-type: none"> <li>E.g. through chairs with toys or food on, practice 'leave it' cue to ask them to turn away</li> <li>Combine your loose lead walking with the reducing jumping up training</li> </ul>	<input type="checkbox"/>
<u>Mat settle</u> – practicing 'down' on verbal cue	<ul style="list-style-type: none"> <li>While sat on the floor with your dog</li> <li>While stood up</li> <li>Practice a settle somewhere new e.g. quiet café or a friend's house</li> <li>Can your dog do this when you have your <u>hands on your head</u></li> </ul>	<input type="checkbox"/>
<u>Wait</u> – adding some distractions, don't forget 'ok go' release cue	<ul style="list-style-type: none"> <li>Wait while you move side to side – return to your dog and reward</li> <li>Wait while you march on the spot – return to your dog and reward</li> <li>Wait while you put your hands in the air – return to your dog and reward</li> <li>Wait while you do a small jump on the spot – return to your dog and reward</li> <li>Wait while you do half a star jump i.e. one arm and one leg on one side of body – return to your dog and reward</li> <li>Wait while do full star jump – return to your dog and reward</li> <li>Start to use it in real life situations</li> <li>Finish all waits with 'ok go' release cue – roll treat away. Try to get several rewards to your dog before releasing them</li> <li>Only once your dog is confident with the wait cue, can you start to call them to you out of the wait at a distance</li> </ul>	<input type="checkbox"/>
<u>Habituation</u> – set up garden or on non slip surfaces e.g. on carpet with treats in/around for them to find at their own pace, move items slowly and let your dog investigate	<ul style="list-style-type: none"> <li>Things with wheels e.g. skateboard, scooter, children's toys, suitcase</li> <li>Things that make a sound e.g. children's toys</li> <li>Things to step over/through (no jumping over things) e.g. broom, mop, low sided box, children's play tunnel</li> <li>High vis jacket on the ground, hanging over a chair, then worn</li> <li>You wearing various hats / coats / hoods/ sunglasses/ holding walking stick, umbrella</li> </ul>	<input type="checkbox"/>

Training is never complete, having training foundations to fall back on is really helpful when we may need to revisit them in adolescence or where difficulties crop up.

**Just like with us, skills need to be practiced regularly for them to be maintained.**

**'Practice makes permanent'** (Dr Amber Batson)