

PREMIER®



MannersMinder™

Remote Reward Training System



Instruction Guide

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For tips and to view video on dog training (or cat, chicken, horse, giraffe, goat...training), or for more information about animal behavior in general, visit her website at www.AskDrYin.com.

Acknowledgements

While humans have been training animals for centuries, we have been lax in collecting data and then methodically testing and revising our techniques using the scientific method. The MannersMinder™ Remote Reward Training System is one of the first training systems to be tested in such a manner prior to commercial release. Such research invariably requires input and collaboration from a plethora of resources and as such, I would like to thank everyone who helped with or participated in the two research studies preceding release of this product. I would especially like to thank Bob Bailey, Karen Pryor and Eduardo Fernandez for their suggestions during the early brainstorming process of the protocol development.

Additionally, Dr. Sarah Richardson was particularly helpful in coordinating the first experiment and Dr. Daniel Mills was extremely helpful in reviewing both the methods prior to the first experiment and the scientific paper prior to journal submission.

I would also like to thank everyone who helped to evaluate the system and who participated in the instructional DVD, including the focus-group members who watched the DVD and then demonstrated their interpretation of the techniques. Their interpretations lead to some key revisions that have greatly improved the instructional quality of the DVD.



Quick Start

If you just can't wait to get started, here's a quick set of steps that will let you and your pooch get familiar with the MannersMinder™ [Formerly marketed by Sharper Image Design® and sold under the name Treat & Train].

As soon as you can, watch the DVD. The DVD training program is broken into chapters. The first few chapters are designed to familiarize you with the concept of the program. The remaining chapters are designed for you to watch one at a time and then for you and your dog to put into practice with quick 10-15 minute games.

Setting Up The Machine

- Install 4 'D' batteries in the base unit and 1 12V 23A battery in the remote.
- Select a CHANNEL – 1, 2, 3, or 4 – for both the base unit and remote. (The CHANNEL switch on the remote can be found under the battery cover adjacent to the battery compartment.)

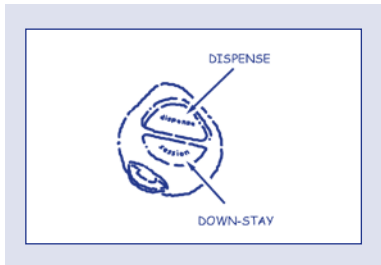
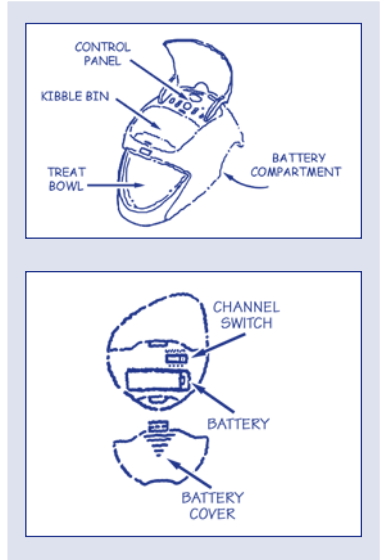
NOTE: Please be sure to select the same CHANNEL for both the remote and the base unit.

- Insert the proper Kibble Disc for your dog's kibble (dry dog food).

Learning the Basics (For people and pets)

1. Add some food to the Kibble Bin. This machine requires dry dog food or dry treats that can fit through the holes on either of the two Kibble Discs. If treats are used, please note that round or oval kibble of uniform size and shape work best. To see whether the food you are using works well, hold the DISPENSE button down and allow for 10-20 treats to pass into the Treat Bowl. If they get stuck or occasionally fail to dispense every time, then switch to a different food. (For suggestions on treats, go to Dr. Yin's website at www.AskDrYin.com.)
2. Turn the POWER on and set the VOLUME to off. (Don't adjust any other control settings for now.)
3. Press DISPENSE on the remote control to dispense kibble.

NOTE: If the Down-Stay light turns on it's because you accidentally hit the DOWN-STAY button on the remote. Hit it again to turn it off.



Quick Start

4. Now put the MannersMinder on the floor and introduce your dog to it by placing a few pieces of kibble in the Treat Bowl. When your dog has finished, add a few more pieces.
5. Repeat *Step 4* several times and when Fido is looking at the bowl, add more food to the bowl by pressing DISPENSE. Repeat until your dog comfortably takes the food that you dispensed.
6. Now switch the VOLUME to low and dispense treats. When Fido orients to the MannersMinder and runs to get food immediately after hearing the tone, and before hearing kibble dispensing, try waiting until your dog looks directly at you before dispensing.

IMPORTANT: Don't point the remote at your dog or at the machine. You want your pooch to associate treats with you and not with the remote control.

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Chapter 1: Overview

How it Works

While many training plans involve punishing bad behavior, this one focuses on rewarding alternate good behaviors. In the case of dogs that are unruly or annoying when visitors come to the door, we will focus on training Fido to run to and lie down quietly at a specific location near the door.

There are five games. Each game takes an average of 1-5 days to complete. Owners can practice in short 10- to 30-minute sessions. We recommend you train during low stress times such as during TV commercial breaks so that you can keep the sessions short, fun and relaxing. End sessions while both you and your dog are still having fun.

Training is Divided into Five Games:

- *Game 1:* Tone means a treat is coming
- *Game 2:* Targeting with the nose
- *Game 3:* Lie down and stay at a specific spot
- *Game 4:* Race to the rug or special spot on cue
- *Game 5:* Stay at the special spot for one minute in the face of common front-door distractions.

What You Need

Item 1: Dog bed or rug where you will send your dog.

You'll be sending your dog to a specific spot or place on cue and, ultimately, this spot will be located about 3-10 feet from the door and within sight of the door, although during early practice sessions you can put it in a more convenient practice location. The best type of "place" to use is a surface that's large enough for your dog to comfortably lie down on such as a dog bed or a small rug. Throughout this program we will refer to the bed or rug as a rug.

We will teach Fido to run to and lie down quietly at a specific location near the door.



Train during low stress times such as during TV commercials.

Keep the sessions short, fun and relaxing.



Use a rug or dog bed that's large enough for your dog to comfortably lie down on.



Checklist

- Rug or bed selected?
- Final location selected?
- Practice location selected?

Chapter 1: Overview

If you have a bed or rug that your dog is already used to lying on, make sure there has been no history of yelling to get him onto the bed, otherwise the training may take much longer.

We want Fido to think of the rug and machine as a special treat only available for a limited time. If it's available whenever he wants, then he may learn that it's okay to get off at will because he can just get back on to receive his reward later on. In fact, in the clinical trial testing of this product, some owners accidentally trained their dogs to run to the door to see the guest, then to go back at their leisure in order to get a treat.

IMPORTANT NOTE:

Until you've completed the entire training program, only keep the MannersMinder and the rug out during training sessions.



Chapter 2: How Fido Learns

Reward the Correct Behavior

Contrary to popular opinion, dogs aren't born knowing English, Chinese or even French. They have to be taught. Furthermore, while dogs are experts at learning to read human body language, they're no more adept at reading human minds than humans are. When you put these two factors together it becomes clear that half the time when we think our dog knows what we want, he's just feeling his way around.

We can easily fix this communication by simply understanding that dogs repeat behaviors that are reinforced or rewarded. Thus in order to change behavior, all we have to do is identify what's reinforcing the bad behavior, remove that reinforcement and instead reward an alternate appropriate behavior. For instance, dogs jump on people because they want our attention, even when that attention involves pushing them away or shouting "no." To fix this behavior, we have to withdraw all attention when Fido's jumping and instead reward an alternate behavior such as sitting politely. So when Fido sits, we should immediately pet, praise or give him treats.

Clearly one key to success here is rewarding the correct behavior as it occurs or immediately afterward. This requires opening our eyes so that we see the correct behavior, closing our mouths so we don't babble all kinds of distracting dialogue, and refraining from flailing our arms in extraneous gestures. Dogs key in more to our visual cues and actions than on our words. To avoid confusing Fido with words, we'll focus on our actions. Once we've taught Fido the behavior, we'll add the verbal cue.

Motivation

Like people, different dogs are motivated by different things. Some dogs like to play with toys, others like praise and petting, and still others will do anything for food. In this program, we'll take all of these motivators or

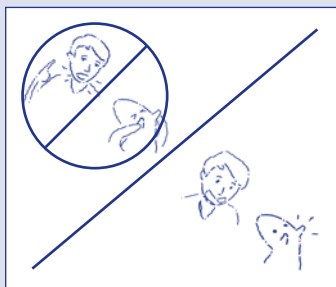
Dogs repeat behaviors that are rewarded or reinforced.

Formula for changing dog behavior:

1. Identify what's reinforcing the bad behavior.
2. Remove the reinforcement.
3. Reward or reinforce an alternate appropriate behavior.

Dogs key in to our visual cues and actions more than on our words.

To avoid confusing Fido with words, we'll focus on our actions first and add words later on.



Some dogs are more motivated by play and attention than food.

We'll consider all motivators in this program.



Chapter 2: How Fido Learns

reinforcers into consideration and use them to our advantage. But the main reward we'll use initially for all training steps is food. Thus preparing your dog to earn his food or treats is key to successful training in this protocol.

Dogs that love the training treats or food will have an attitude that says they like the pay. Those that will eat the food but aren't really crazy for it will look lackluster, make more mistakes or appear stubborn or stupid.

Turning Regular Meals into a Flurry of Fun

While some owners claim their dogs don't like food, all dogs are motivated to eat because they have to eat in order to survive. Some dogs have just learned, like kids holding out for dessert, that if they wait long enough they can trade their kibble for cookies. These dogs have to be convinced that their dog kibble is cool.

With humans we make food more appealing by placing it in eye-catching packaging or by doling it out in petite portions and dressing it up with fancy decorations.

These tactics are not likely to impress even the most finicky Fido. Dogs are more motivated by the actions involved with obtaining their food. By feeding regularly from the MannersMinder, you'll turn meal times into a fun, interactive game.

Keeping Fido Healthy and Trim

Because you'll be training Fido using quite a bit of food, we recommend you use a nutritionally balanced dry dog food — one that's approved for your dog's life stage by the Association of American Feed Control Officials (AAFCO). Approved brands include Hills® Science Diet®, Nutro Max® and Nutro Natural Choice®. (For suggestions, go to Dr. Yin's website at www.AskDrYin.com.)

If you decide instead to use dog treats, your sessions should be spread out over an increased number of days and the total calorie intake should be subtracted from Fido's daily allotment of food. Overall, treats should make up less than 10% of a dog's daily food intake. In this instruction manual, when we refer to treats, we mean dry dog food (kibble).

All dogs are motivated to eat because they have to eat for survival.

Some dogs have just learned, like kids holding out for dessert, that if they wait long enough they can trade their kibble for cookies.



By feeding regularly from the MannersMinder machine, you'll turn meal times into a fun, interactive game.



Chapter 2: How Fido Learns

Getting Fido onto Meal Feedings

If your dog's already on meal feedings and eats his food exuberantly, right away you're all set to start training. If you usually leave Fido's food out all day or for hours on end, Fido may have learned that food will always be there at his beckoning call so there's no need to rush to eat it. That is, food is not a valued resource. This may sound odd but it's the same with humans too. If you had chocolate and brownies available all day every day, brownies would not be a good reward for you. In fact, you might even avoid them. It's only when the item is somehow limited or controlled that it comes into demand.

One way to make dog food a high-demand item for your dog is to first put him on meal feedings.

- Put Fido on two daily meal feedings with half of his daily allotment in the morning and half at night. Put a measured amount down in the morning. If he turns his nose up or eats a little and then walks away, remove the food and put it back in the dog food bag. He's telling you he doesn't really want it, so let him wait for his next meal. He has lost this portion for today. Repeat the process at dinner and for additional meals if needed. If everyone in the household holds out for up to several days and refrains from giving treats in between, then even the dimmest Dozer will quickly learn that he'd better eat what's in front of him or he'll have to wait for the next meal.
- For those who feel guilty about going so long without giving Fido a chance, you can re-present his food 15 minutes after you've removed it to see if he'll eat it immediately at that time. If he removes his head before he's finished the meal, then remove the food again.

For Dogs that are on Meal Feedings but Eat Without Gusto

For Fidos that do eat their kibble immediately but not with much gusto, or that eat their kibble except when slightly distracted, try the following:

- Cut the total meal down to $\frac{3}{4}$ of normal amount for several days until Fido clearly enjoys his food and then start training. Then once you start training if he ever seems

Use a nutritionally balanced dry dog food — one that's AAFCO approved for your dog's life stage.



If you usually leave Fido's food out all day or for hours on end, Fido may have learned that food will always be there at his beckoning call so there's no need to rush to eat it.



Chapter 2: How Fido Learns

bored or gets distracted, remove the MannersMinder machine and stop the game until you feel like playing again later in the day. If he loses interest, even for a short instance, he's telling you he's not that interested in eating. Or at least he's not willing to work for his food. He wants it for free. By removing it before or immediately once he shows disinterest, you will quickly train him to become a good eater. You'll also be teaching him that you are in charge.

- Once Fido's regularly excited to get his food, which he shows by running to the machine when you take it out and staying focused on the machine during the entire game, then you can start on the specific polite-at-the-door training.

Won't Fido Lose Too Much Weight?

Some people worry that their dogs will waste away or will dislike them for withholding their food. Cutting back or missing meals for a few days won't make much of a difference in weight. In fact, if Fido's not willing to work for his meal, then he's telling you that he's really not that hungry. He's just eating because the food is available and there's nothing better to do.

Over 44% of pets in the U.S. are overweight and 25% are actually considered obese. Because dogs don't walk around naked or wear bikinis — rather they hide their fat under their fur — it's easy for the excess to go unnoticed. That means that if Fido actually looks fat, he's probably very heavy or even obese. Even if you're not concerned about how the extra weight looks, you should consider taking it off because a long-term scientific study published in the *Journal of the American Veterinary Medical Association* (2001) clearly showed that dogs that are lean, athletic and trim live two years longer and develop diseases such as arthritis two years later than their regular or overweight counterparts.

For Fidos that do eat their kibble immediately but not with much gusto, cut the total meal down to 3/4 of normal amount for several days until Fido clearly enjoys his food and then start training.

Once Fido's regularly excited to get his food, you can start on the specific polite-at-the-door training.

If Fido's not willing to work for his meal, then he's telling you that he's really not that hungry.



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Chapter 2: *How Fido Learns*

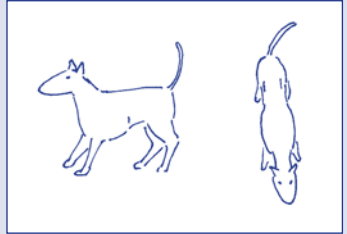
Body Condition

To tell if your Fido's fat or whether he's closer to that of the ideal athlete, look at his waist and feel his backbone, hips, ribs and skin. From the top, his waist should curve in like an hourglass right after the rib cage and from the side you should see a clear line where his last rib demarks the start of his abdomen. On short-haired dogs, you should even see the last one or two ribs. If you put your hand on the rib cage and run them from the shoulders towards his hind end, your fingers should bump over his ribs. If you have to press to feel the ribs you know that there's a layer of fat under the skin. In general, skin is not very thick. Any increased thickness is due to fat.

You should easily be able to feel the spine and hips too and even see them. But if they jut out or you notice a loss of muscle mass, then your dog is probably too thin.

If you're unsure, have your veterinarian help you determine your dog's body condition.

Dogs that are lean, athletic and trim live two years longer and develop diseases such as arthritis two years later than their regular or overweight counterparts.



Chapter 3: Setup Instructions & Overview

Description of Parts

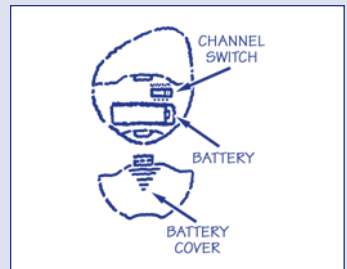
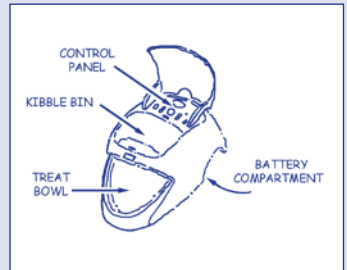
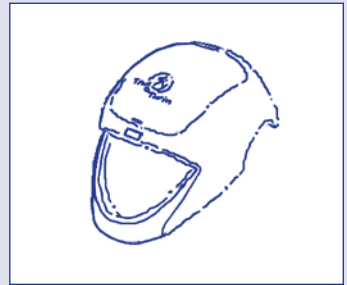
Treat Machine:

- **Control Panel** [Under the Bin Cover]
Allows you to customize operation for advanced training uses.

NOTE: Select a CHANNEL – 1, 2, 3, or 4 – for both the base unit and remote. Be sure to select the same CHANNEL for both.
(The CHANNEL switch on the remote can be found under the battery cover adjacent to the battery compartment.)

- **Kibble Bin**
Holds supply of dry dog food for dispensing.
- **Kibble Disc**
Interchangeable for different food sizes. Fit the correct one for your dog's food size onto the dispensing mechanism of the Kibble Bin. Note that using the larger disc with small food will dispense multiple treats on a single dispense.
- **Treat Bowl**
Catches the food reward. This is where your dog goes for its treat.
- **Battery Compartment** [Bottom of machine]
Requires 4 'D' batteries.

Remote Control: DOWN-STAY button activates the Down-Stay mode (*Games 3 and 5*). DISPENSE button dispenses a single treat regardless of settings. Avoid conspicuously pointing the remote at the MannersMinder as your dog will see this as an extraneous cue. Press and hold DISPENSE button to deliver continuous treats — “Jackpot.” (A 12V 23A battery is included.)



NOTE: Additional, or replacement, remotes can be purchased from Premier Pet Products for \$25 USD/ea. You can reach the Customer Service Department at Premier by calling 888.640.8840.

Chapter 3: Setup Instructions & Overview

Training DVD: Divided into chapters. This program is designed to be watched one chapter at a time, then followed up with actual training games. Do not proceed to the next chapter and games until you and your dog are ready.

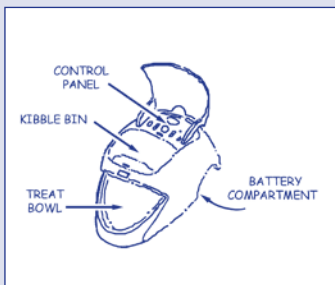
NOTE: Because people tend to perform the exercises more correctly when they see them demonstrated and often inadvertently perform them incorrectly otherwise, we recommend you watch the DVD before each exercise rather than just reading the manual. Use the manual as a reminder of what you viewed on the DVD.

Target and Base: The target is adjustable in length and can be hand-held or placed in its base as a stationary target.

NOTE: Additional, or replacement, target wands (with base) can be purchased from Premier Pet Products for \$15 USD/set. You can reach the Customer Service Department at Premier by calling 888.640.8840.

Install 4 'D' batteries.

This machine requires dry dog food or treats that can fit through the holes on either of the two Kibble Discs. (Round or oval kibble works best.)



Setting Up the Machine

- Install 4 'D' batteries into the battery compartment at the bottom of the machine. The batteries should last about 6 months.
- This machine requires dry dog food or treats that can fit through the holes on either of the two Kibble Discs. If treats are used, it is important that you balance treats within the dogs proper diet requirements. Round or oval kibble of uniform size and shape work best. Avoid wet food or treats.
- Some semi-moist treats can be shaped to fit but dispensing is not as reliable as with kibble.
- Attach the correct Kibble Disc for you dog's treat size.
- Since your dog will be earning his meals out of the MannersMinder, fill the machine with approximately one meal's worth of food. Remove the MannersMinder when not in use until your dog has completed *Game 5* of training.

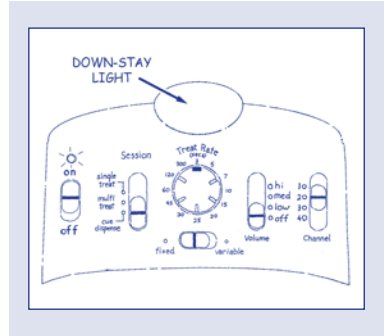
Chapter 3: Setup Instructions & Overview

Overview of the Control Panel

Power Switch: Set to ON for all MannersMinder operations. Indicator light turns green.

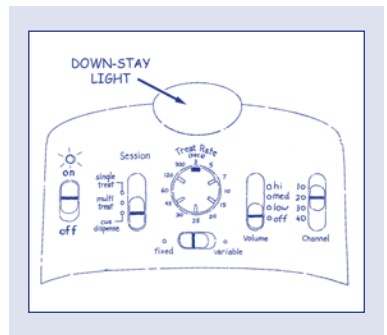
Channel Switch: Used to select a specific frequency. The CHANNEL – 1, 2, 3, or 4 – chosen for both the base unit and remote must match for the system to operate properly.

Volume: Controls the volume of the cue and training tones from the machine. The POWER switch should be on and the VOLUME set to the appropriate level. Dispense treats by hitting DISPENSE on the remote. We won't use the DOWN-STAY button or any of the other controls until *Games 3* and *5* of training.



Down-Stay Session: Used for *Games 3* and *5*. Each Down-Stay session is one minute.

- **Single Treat** – Dispenses one treat at a time when Down-Stay mode is activated (see below). Used for *Games 3* and *5*.
- **Multitreat** – Dispenses several treats at a time when Down-Stay mode is activated.
- **Cue Dispense** – Alerts you when to press the DISPENSE button in the Down-Stay mode. Used for *Game 3* (Down-Stay). In this setting, the timer will beep but food will not be dispensed until you press the DISPENSE button.



Treat Rate Dial: Determines how frequently treats are dispensed during a Down-Stay session.

Fixed or Variable Switch: Determines whether treats are dispensed at the fixed time interval chosen on the dial or on at a more unpredictable interval – one that averages the interval chosen. In most of the Down-Stay exercises, this switch will be set on FIXED. When this switch is set to VARIABLE, the Down-Stay session will not stop after one minute. This feature allows you to feed your dog his complete meal.

Down-Stay Light [Above Control Panel]: Indicates unit is in a Down-Stay session and is set to dispense according to the timed Treat Rate settings. (Activates in *Games 3* and *5* of training.)

NOTE: If the Down-Stay light flashes on and off, check for dispenser jam or see if the unit is empty. The unit will beep and light will flash for one minute before turning off automatically.

Chapter 3: Setup Instructions & Overview

Warning Lights:

- Sleep mode – If using batteries, after 30 minutes of non-use, the MannersMinder goes into Sleep mode as indicated by a slow blinking green power light. To wake up MannersMinder, press any button on the remote.
- Red power light indicates batteries need to be replaced.
- When Down-Stay light flashes, please check for a jam or an empty kibble bin.

Watch the DVD

Chapters 1 and 2 explain why this system of training works and are crucial for you to watch first, so that you can understand the program and avoid common mistakes. These chapters do not include any games or exercises and can be viewed at once.

Chapter 1 provides an overview of the program.

Chapter 2, *How Fido Learns*, provides crucial info that will help you understand how your dog learns and what motivates him to learn. It's essential for understanding why this program works so well.

Chapter 3 gives full details how the machine itself is setup and operates. After that, each chapter is set up to guide you day by day through the entire process.

TIP: If you're in a hurry, it's okay to start with Chapter 3, but be sure to go back and review Chapters 1 and 2 when you have more time.

Chapter 4, 5, 8, 11, 12 are the first of 5 training games.

Chapters 6 and 9 do not involve the MannersMinder machine but are essential for completing the program. They contain the most important exercises in the dog training.

Chapters 7 and 10 are other basic exercises you may need.

Chapter 13 shows you how to practice with guests at the door.

Chapter 14 shows you how to fade away the MannersMinder machine if you want.

Chapter 4: Game 1 – Tone & Treat

Recommended Practice:

Two 15-minute sessions every day.

TIP: For multi-dog households, train one dog at a time. If your dogs fight amongst themselves over their food bowls, then train one dog through the protocol before starting the second dog. Start with any dog.

In this section, you'll first teach Fido to eat kibble or treats out of the MannersMinder bowl. Then you'll teach him through classical conditioning that the tone means a treat is coming. Once we've trained this association, we'll use the tone to tell Fido when he's done something right. The tone will mark the correct behavior and it'll immediately be followed by a food reward.

Step 1: Feeding Out of the Bowl

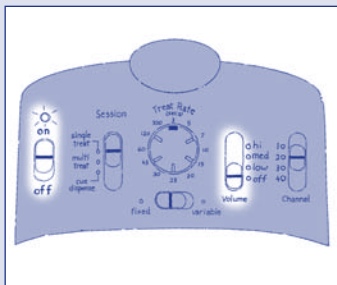
Turn the POWER on, but turn the machine VOLUME off. Then place treats by hand into the treat bowl to attract Fido to the bowl. After he eats them, add a few more pieces of kibble. If he's wary of the bowl, continue adding kibble each time he's finished eating the previous kibble until he readily eats from the bowl. Most dogs are attracted to the bowl after several kibble.

Step 2: Dispensing Treats

Once Fido's no longer suspicious of the machine, press the DISPENSE button so that the MannersMinder dispenses kibble. Wait for him to get his treat. Then repeat. The tone should not be sounding at this stage. Many dogs look at their owners or away from the MannersMinder but orient to the sound of the MannersMinder and then see the treat coming out. If your dog doesn't orient, either point the treat out or make sure he's looking at the MannersMinder when you dispense the treat. Once he comfortably takes food immediately after it's dispensed, go to *Step 3*.

Step 1: Feeding Out of The Bowl

Turn the POWER on, but the VOLUME off, then place treats by hand into the MannersMinder treat bowl to attract Fido to the bowl.



Step 2: Dispensing Treats

Once Fido's no longer suspicious of the machine, press DISPENSE on the remote control button to dispense kibble. Wait for him to get the treat. Then repeat.

Chapter 4: Game 1 – Tone & Treat

Step 3: Adding the Tone

Now turn the VOLUME to low. Fido will probably orient towards the sound of the food dispensing or to the tone even though it's soft and then get the treat. Repeat this procedure, until he immediately gets the treat 9 out of 10 times in a row.

Step 4: Rewarding Eye Contact

Now we'll work on teaching Fido to pay attention to you by giving you eye contact.

This step is important for teaching Fido to focus on you rather than becoming overly engrossed in the MannersMinder. It's also important for confirming that Fido knows the "tone/treat" association. Some dogs automatically look at their owners for reassurance between treats or because they know who's controlling the treat dispensing. If your dog already automatically looks at you, make sure you reward him by toning and treating when he looks at you.

If he doesn't, you can get his attention by making a smooching sound and when he looks, TONE & TREAT. If he passed *Step 3*, then he should immediately go to get his treat when he hears the tone. Repeat until your dog is consistent. Some dogs don't look when you smooch. If smooching doesn't work after several tries, give your dog a treat from your hand several times in a row and then when he looks at you expecting another morsel of food, TONE & TREAT. Do this a few more times and you'll no longer need to give him treats by hand to get his attention. Stand in several different locations when you practice this step and make sure your dog stays fairly close to the MannersMinder during this step since we'll wait until the next step to add distance.

When your dog consistently looks at you then immediately goes to get his treat upon hearing the tone, and he can do this when you're standing in at least two different locations, go to *Step 5*.

Step 3: Adding the Tone

Now turn the VOLUME to low. Repeat this procedure until he immediately gets the treat 9 out of 10 times in a row.



Checklist



Step 4: Rewarding Eye Contact

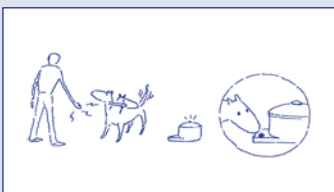
Location 1



Location 2



Repeat until your dog performs correctly 9 out of 10 times in a row.



Chapter 4: Game 1 – Tone & Treat

TIP: If you are using the MannersMinder to train Fido to perform a calm, quiet down-stay and... *a)* you don't care whether he learns to run to a specific location and... *b)* you want to skip 'targeting' (Chapter 5), you can skip *Step 5* as well and go directly to down-stay training (Chapter 8). If you do this, then during the down-stay exercises you should have a leash on Fido so you can guide him off the rug instead of targeting him off between trials.

Step 5: Adding Distance

To ensure that your dog's response to the tone is strong enough for the later stages of training, we'll build up distance next.

First move 3-5 feet away from the MannersMinder.

If your dog follows you, TONE & TREAT. If he passed *Step 4*, he should immediately walk or run to get his treat from the MannersMinder. If he stays near the MannersMinder, lure him away by giving a treat by hand, then TONE & TREAT when he's standing close to you.

Repeat this step until your dog consistently responds to the tone from 5 feet away. He should immediately run to get his treat 9 out of 10 times in a row before you go on to the next stage of training.

Troubleshooting

Fido's Afraid of the MannersMinder

Start with the best treats you have. Continue putting food in the machine until he's comfortable taking food. You can also turn the volume down again or even off so he isn't startled. You can also make a trail of treats leading to the machine so that he learns to walk up to the machine by eating the treat trail (put extra kibble in the bowl). After awhile he won't need this trail to get him to the treat bowl.

Slow to Learn the Tone & Treat

Use a higher value treat. Some dogs will work for treats that you give by hand but aren't as motivated to work for treats dispensed by MannersMinder. In some cases, this may be because these dogs find the human interaction part of the reward. The food isn't motivating enough on its own.

Step 5: Adding Distance

First move 3-5 feet away from the MannersMinder. Only TONE & TREAT when he's standing close to you. Repeat until he consistently responds to the tone from 5 feet away. He should immediately run to get his treat 9 out of 10 times in a row before you go on to the next stage of training.

Checklist



Chapter 4: Game 1 – Tone & Treat

Fido Paws the Machine

Avoid letting him paw the MannersMinder. Only reward him when he's standing with all four feet on the floor. An easy way to do this is to get him to focus on you instead of the MannersMinder by giving him several treats by hand and then dispensing a treat when he's focused on you. Repeat this pattern several times, then start treating from the MannersMinder before Fido has a chance to paw again. Gradually increase the amount of time he stands stationary with all four feet on the floor. Always make sure you reward him before he starts pawing again. Once he consistently waits with all four feet on the floor to get his treat, go to the next step.

Fido Barks at the Machine

If Fido barks at the MannersMinder, make sure you don't dispense a treat during or right after he barks. Only give the treat when he's being quiet. Again, you can give a few treats by hand to take the focus off the machine. Then hurry up and TONE & TREAT while he's quiet and before he starts barking again. Or give him several treats in a row when he is quiet and before he has a chance to bark again. Then gradually increase the interval between treats. By doing so, you'll be extending the moments of quiet and decreasing the bouts of barking.

Avoid letting Fido paw the MannersMinder.



Make sure you don't reward barking.



Chapter 5: Game 2 – Targeting

Recommended Daily Practice:

Two 15-minute sessions.

Practice each step in sets of 5-10 repetitions with breaks in-between. When Fido gets 9 out of 10, right you can go to the next step. You can conveniently practice this exercise in short sets during TV commercials.

In this game, you will use the hand-held target. Its length is adjustable. Make sure the length is adjusted so you can easily present the end of the target below your dog's nose level while you are standing.

If at any point your dog does not respond to your visual presentation of the target or your verbal cue, avoid moving it closer or your dog will train you to move the target closer. Instead, remove the target and then re-present it.

Step 1: Presenting the Target

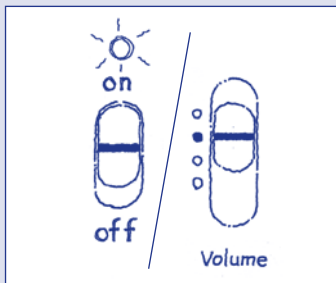
Put a small dab of wet dog food, peanut butter or something tasty on the target. Then with Fido facing the MannersMinder, present the target at nose level several inches away but close enough for him to reach with an outstretched neck. When he reaches out to sniff the target, TONE & TREAT and simultaneously remove the target. If he knows the TONE & TREAT well, he should immediately run to get his treat. If he's not that motivated for the food or doesn't know the association well, he will take his time. If Fido doesn't try to touch the target, remove it and present it a little closer. When he can touch the target immediately upon visual presentation nine out of ten times in a row, remove the food on the target and go to *Step 2*.

Step 2: Taking 1-3 Steps

Present the target far enough from Fido so that he has to take 1-3 steps to reach it. TONE & TREAT when he touches it. Remember to start with the target out of view and once he touches it, remove it while simultaneously activating the TONE & TREAT. When he touches the target immediately upon presentation 9 out of 10 times in a row, go to the next step.

Step 1: Presenting the Target

Put a small dab of wet dog food, peanut butter or something tasty on the target.



Checklist



Step 2: Taking 1-3 Steps

Present the target far enough from Fido so that he has to take 1-3 steps to reach it.



Checklist



Chapter 5: Game 2 – Targeting

Step 3:

Repeat *Step 2*, standing far enough away so that Fido has to take 3-5 steps to reach the target. When he can perform this 9 out of 10 times in a row, go to *Step 4*.

Step 4: Adding the Verbal Cue

Right now, Fido's cue for touching the target is your visual presentation of the target. Now you will add a verbal cue. Right before presenting the target, say "Target" distinctly so that he orients to the sound of your voice. Then immediately present the target. Your voice should cause him to orient and then the first thing he will see is the target. After several trials, he will get the idea that the word is always followed by a presentation of the target. Therefore the word must mean he should go and touch the target.

NOTE: If you say the cue word and present the visual cue at the same time, Fido may never learn that the cue word means the same as the visual cue because he has no reason to learn the second cue. The visual cue is more noticeable and will block his learning of the second cue that's presented at the same time. In psychology, this phenomenon is called *blocking*.

How Do You Know When He knows?

We know that Fido has a clue about the meaning of "target" when he orients upon hearing the cue word 9 out of 10 times in a row when he's first facing away from you.

We don't actually have to have targeting with verbal cue to go on to the next exercises. The visual cue (presentation of the target) is good enough.

Stationary Target

On days that you don't feel like training, you can exercise Fido by having him target to the stationary target. Place the target in the included base. To teach him to touch this target, just TONE & TREAT whenever he touches it.

Step 3:

Repeat *Step 2*, standing far enough away so that Fido has to take 3-5 steps to reach the target.

Checklist



Step 4: Adding the Verbal Cue

Say "target." Then after your dog looks, quickly present the target at his nose level.



Checklist



Chapter 5: *Game 2 – Targeting*

Troubleshooting

Some Dogs Bite the Target

This is ok but if you only want Fido to touch with his nose, then only reward when he touches his nose to the target. Don't reward instances where he bites the target.

Dog Responds Slowly

If your dog responds slowly, you either:

- Skipped a step
- Moved on to the next step too quickly. (Go back and repeat an earlier step.)
- Your presentation of the target was not quick enough.
- Fido was not motivated by the food reward. You need to try a different, more enticing, treat or reduce the amount of available food throughout the day.
- Fido just needs more practice and a longer reinforcement history for this behavior so that he enjoys 'targeting' more.

Chapter 6: Say Please by Sitting

TIP: If your dog is more motivated by food than anything else (meaning as soon as he sees food he becomes blind to all potential distractions), you can probably skip Chapter 6. But if he... *a)* jumps on people exuberantly... *b)* darts out the door... *c)* has a low attention span...or *d)* loves attention and toys more than food, then Chapter 6 is essential.

Recommended Daily practice:

At least three sessions of 10 repetitions and every time your dog wants something from you.

This is the most important exercise in all of dog training and failure to do this exercise is one of the top reasons for delay in program completion. By training your dog to automatically say please by sitting, you'll teach him to ask for privileges rather than taking whatever he wants for free. Once your dog consistently sits automatically in all of the situations described, you can elect to use it or not to use it in all of these situation, but you'll have it in your toolbox in case you need it later on.

TIP: Your dog will respond more to your actions than to your words. Make sure your body language and actions are correct.

Step 1: Learning to Say Please by Automatically Sitting

Start with a very hungry dog either on a leash or in a small room without any distractions. Let him see that you have a treat so that he knows what he can earn, then just hold the treat hidden in your hand against your body and above your belt. At first, Fido will wonder why there is a delay in treat delivery. If he's a go-getter, he'll try to get your attention doing what's worked in the past. This probably means a few pogo-like pounces on you and a "woof, yap, yip." Rather than barking back an English equivalent of "No" or placing a hand

Dogs say, "Please" by sitting patiently while awaiting the go-ahead from you. Avoid rewarding Fido for jumping, standing and climbing all over you.



Step 1: Learning to Say Please by Automatically Sitting — 10 times in a row, 3 sessions a day, for 3 days.



Reward while sitting.

Checklist

Day 1



Day 2



Day 3



Chapter 6: Say Please by Sitting

on him to keep him down, make like an icicle and freeze so that he knows you're ignoring him. You can even turn your back on him. Be completely quiet and still.

This will puzzle your punchy pooch and give his wheels a workout. If he wasn't attached to you by a leash or stuck in a small room with you, he might give up and find a simpler game. But since he's hungry for your special treat and strapped to you by his leash, you can just wait him out. Eventually he'll sit. Immediately give him a treat before he has a chance to get up.

Next, walk away a few steps while hiding the treat in your hand and repeat this exercise. If he starts to wander, get his attention by making a smooching sound. Don't bother using his name unless you're 100 percent sure he'll look at you immediately. Otherwise, you'll just be teaching him to ignore his name. If making a sound doesn't immediately get his attention the first time, then hold still and just wait (sometimes for quite awhile) until he gets bored and figures out that he'll continue to be bored until he sits again and gives you his attention.

Once you have his attention again and he decides to make another try for the treat, he'll still start with the old song-and-dance routine. When it just earns a cold shoulder, he'll start thinking about what worked last time. As soon as he sits, send the treat express-delivery before he stands up.

Practice this 10 times in row and Fido should clearly have the concept that if he wants something from you he should offer a sit in order to say "please." Now you can switch to giving treats intermittently and replacing with praise or petting (whichever reward he wants).

Step 2: Sits in Rapid Succession

Now, practice getting sits in rapid succession. Each time your dog sits, give treats while he's still sitting, then take several steps away and repeat. Give only one treat if he's already good at offering a sit



Step 2: Sits in Rapid Succession

Now, practice sits in rapid succession. Each time your dog sits, give treats while he's still sitting, then take several steps away and repeat. Work up to 10 sits in a minute.



Immediately give a treat while Fido is still sitting.

Checklist

Day 1



Day 2



Day 3



Don't use any verbal cue because we don't want to have to micromanage Fido's sit behavior, rather we want him to say "please" automatically every time he wants something from you.

Chapter 6: Say Please by Sitting

and staying seated, but give several treats in succession if he tends to get up immediately after you're done or if he has a long history of jumping on people. This means you should have 5-10 treats ready in your hand. If your timing is good and you perform these sits in rapid succession, your dog's eyes should be glued to your face. If you're too slow or your timing is off, he'll get bored and his attention will wander. The more we reinforce sit and standing completely stationary when Fido gets up, the quicker sitting for food will become a habit.

Practice in Other Situations

Once Fido knows this exercise so well that he's performing 10 sequential sits in a minute, apply this polite behavior to other situations where he wants something from you. Avoid using a verbal cue such as "sit" because we don't want to have to micromanage his sit behavior, rather we want him to say "please" automatically every time he wants something from you.

When to Use "Say Please by Sitting"

Fido should sit and remain seated in all of these situations below and remain sitting until you give a verbal or visual signal that he can get up. So for instance, when he sits for you to open the door, he should remain seated even with the door wide open until you tell him he can go through. The goal is to teach Fido that the door only opens when he sits. As soon as he stands without your permission, the door closes. This will be very important for the last stage of training.

- To go through doorways and gates, especially when guests come to the door
- To get out of his crate
- To have his toy tossed
- To receive treats or meals
- To get his leash on when he goes for a walk
- To get out of the car
- To greet people



Chapter 6: *Say Please by Sitting*

Troubleshooting

If after a day or two you don't see a dramatic change in behavior here's what might be going wrong:

- Your timing is off and you don't get the treat to your dog quickly enough or while he's still sitting. Fido should be in the sitting position when you give him the treat.
- You don't give enough treats for sitting and remaining seated. Dogs that jump alot need lots of treats for remaining seated.
- You or other family members are inconsistent. Sometimes you require Fido to sit to earn privileges such as getting his leash on or getting attention. Other times you don't.
- You don't wait long enough for Fido to sit. You may have to wait several minutes at first for dogs who are comfortable waiting in a standing position or don't like to sit much. Hold completely still so he realizes nothing is happening. Wait until he chooses to walk up to you and sits with his attention focused on you.
- You don't stand silent and stationary while you wait for Fido to sit. Rather you move your arms around, try to bribe or lure Fido by waving the treat, grab the leash with your hands, or physically take one or more steps. Every time you make a movement, you create a stimulus and it takes longer for Fido to learn that nothing happens until he sits politely.
- Your body language confuses Fido. You may be leaning over him as he stands, so it's not clear to him that he is being ignored, or you feed the treat in such a way that you cause him to stand.
- Your dog's not motivated by the reinforcer you're using. For instance, don't require your dog to sit to go through the back door if he has no desire to go out the back door.
- It's easy for your dog to ignore you because he finds other rewards such as running away to play with his toy. Use a handsfree leash if your dog does this.

Chapter 7: Down

Recommended Daily Practice:

Three sessions of 5-10 Downs.

NOTE: If your dog knows how to lie down on command, skip this chapter. If your dog doesn't know this yet, don't fret. It will only take a few short sessions and he only needs to know how to lie down for a second or two before you continue with the polite-at-the-door training.

Here are two different methods you can use.

Method One: The "L" Pattern

Start with Fido already in a sit and hold a treat several inches below his nose so that he has to look down to touch it. This will draw his nose down and cause him to lower his head and front end a little. When he touches lower to sniff it, let him eat the treat, then offer additional treats in the same location. When he eats 10 treats in a row without lifting his rear off the ground, go to Trial 2. If he gets up to get to the treat, then you're holding it too low. Raise it a little for now.

Next, hold the treat a little lower so that Fido bends down a little more. If he loses interest or keeps getting up, you're holding the treat down too far. Continue this process until he's pretty good, then increase the difficulty in the next trial by holding the treat further down. Once you've gradually worked to the level where the treat is almost on the ground, take the next step by holding the treat on the ground but a few inches away from him. This will allow him to bring the front of his body the rest of the way down. Overall, you are moving the treat down and then away from him in an "L" pattern. Pretty soon he should be going down fairly easily.

NOTE: For small dogs with very short legs, sometimes it's easier to have them on their raised dog bed so that they have to reach down a little to get their treat.

The "L" Pattern



Checklist

Step 1

Trial 1



Trial 2



Trial 3



For small dogs with very short legs, sometimes it's easier to have them on a raised dog bed.



Chapter 7: *Down*

Method Two: Make a Tunnel

For dogs that really don't like to lie down, you can try the tunnel variation. Start with both you and Fido sitting on the floor. Raise your knees so that you've made a little tunnel and hold the treat under your tunnel but protruding out a little. Fido will have to bow down and reach into the tunnel. At first, he'll just bow. Reward him for this a bunch of times. Then, gradually shape the behavior in steps by moving the treat further under the tunnel so that Fido has to reach further into the tunnel. If he runs around to the other side to get the treat, then you've moved through the step too soon and put the treat too far into your tunnel.

Eventually, he will magically bow low enough and then lie down. When he lies down immediately several times in a row, you can switch to the "L" pattern method.

Adding the Cue Word "Down"

At any point when Fido's predictably lying down with the hand signal or on his own, add the cue word, "Down" right before you give the visual signal or before you know he's going to lie down. Make sure you say the cue distinctly but in a happy voice. Give a treat immediately when he lies down. When you can say the verbal cue while holding perfectly still, your dog knows the "Down" cue.

Troubleshooting

- You hold the treat out too far and lure your dog into a stand rather than into a down.
- You went on to the next step too soon. For instance, when using the "L" pattern method, you start drawing the treat out along the ground too soon.
- Fido isn't comfortable on the surface. Start on a comfortable surface such as a rug. Later train on more difficult surfaces such as a hardwood floor or concrete.

The Tunnel



For dogs that really don't like to lie down, try the tunnel variation.

Chapter 8: Game 3 – Down Stay

Recommended Daily Practice:

Two 15-minute sessions.

In this exercise, Fido gets treats when lying down and the treats come so frequently that there's little time for him to get distracted and get up. The first few times he may get up to get the treat before he realizes that he can get them while lying down. If he gets up, just tell him "Down" or lure him down again and reward him again for lying down. Also make sure the MannersMinder is conveniently located so that he can eat from it while lying down. It's best if he learns to lie down on verbal cue or automatically when he gets on the rug as this will be important for *Game 4*.

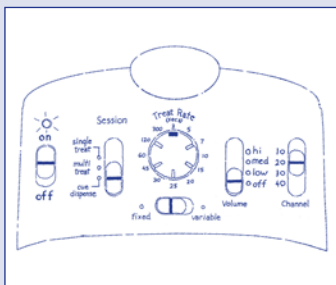
NOTE: Make sure Fido is truly motivated to work for his food. Stop the session if he looks bored or isn't hungry.

Practice this exercise in **ONE-MINUTE SESSIONS**. At the end of each one-minute session, provide 2-3 more treats randomly and then target Fido off the rug. The purpose of targeting is to give him practice running to the MannersMinder and rug. Target him about 3 times in between trials and then when you're ready to start another Down-Stay session, just follow him up to the rug and cue him to lie down. Make sure you always target Fido off the rug after each session so he learns not to get off on his own. If he has a good recall, you can also sometimes call him off the rug, but you should mostly target him off. If he likes to stay on his rug that is a good sign as it means he's learning his down-stay well.

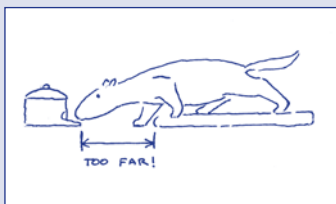
TIPS: If Fido makes more than 2 mistakes in a row or starts barking at or pushing the machine, refer immediately to the trouble-shooting at the end of this section. If he's not performing well or frequently gets off, stop the session. If he's not willing to work for the food, he's telling you he wants it for free. Wait until he finds food to be

Set the control panel to:

- Power = on
- Volume = on
- Session = cue dispense
- Treat Rate = :03 seconds
- Treat Interval = fixed



Make sure the machine is conveniently located so that Fido can eat from it while lying down.



At the end of each one-minute Down-Stay session, provide 2-3 more treats at variable intervals and then target Fido off the rug.



Chapter 8: Game 3 – Down Stay

TIPS (con't):

a more valuable resource or learns that it's only available when you present it and when he's willing to work. Also, if he's more motivated by praise, play or other things, or overall has a low attention span, you will need to perform the exercises *Say Please by Sitting* (Chapter 6) and *Rewarding Calm Behavior* (Chapter 9) in order to successfully complete this and the next two sections.

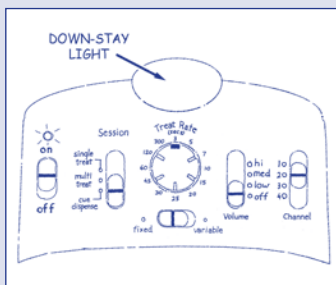
If the last session was on a different day, it's a good idea to review the last step that Fido completed.

Starting the One-Minute Sessions

Take the MannersMinder and a comfortable rug or dog bed out. From here on out, I'll refer to both as a rug. For now, make sure you use a rug that you only use for this one purpose. Avoid using his regular dog bed or a rug he lies down on regularly. Be sure to choose something that you won't mind having near your front door later down the road.

- Remember that both the MannersMinder and the rug should only be out during training sessions at this point so that your dog learns that these things are special and access to them is limited.
- Also, only reward your dog from the MannersMinder for lying on his rug when you ask him to. Otherwise, he may end up training you to give him treats at his will rather than on your terms.
- Position the MannersMinder at the edge of the rug in a way that allows your dog to eat the treats without having to get up. You may have to prop it up on something if you're using a dog bed.
- Turn the MannersMinder to ON, turn the TONE VOLUME to ON. Set the Down-Stay Session switch to CUE DISPENSE. This setting tells the MannersMinder to give you an audible cue that tells you when to dispense a treat.
- Then set the Treat Rate time to :03 seconds so that it gives you the cue tone every :03 seconds. Set the interval to FIXED so that the MannersMinder will give the cue tone at a fixed interval.

When Fido can repeat 5 one-minute trials in a row at any given level or step (with short breaks between each minute), then he can go onto the next step.



Chapter 8: Game 3 – Down Stay

Now if you hit the DOWN-STAY button on the remote, the Down-Stay light will go on signaling that you've started a one-minute session and the MannersMinder will emit a cue tone every :03 seconds.

When you hear the cue you should immediately press DISPENSE on the remote so that your dog hears the tone and gets his treat. This cue tone is a guideline. If your dog need treats more frequently at first, then give them more frequently. If your dog takes longer than :03 seconds to eat treats sometimes, then give the treats less frequently. And, if your dog gets up, immediately stop giving treats or you may accidentally reward your dog for getting up. Then, give your dog a verbal or visual cue to lie down. Dispense a few treats with the DISPENSE button.

If your dog gets up to get his treats, stop dispensing treats immediately and just have him lie down again. You can target him back in position or lure him with a treat by hand if needed. Avoid physically repositioning him as this confuses some dogs and causes others to resist which often leads to poor performance later. Then dispense additional treats. Check the positioning of the MannersMinder to make sure it's convenient for your dog.

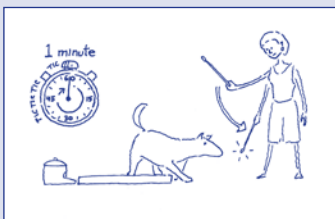
Some dogs get up each time you dispense a treat at first. Just continue having them lie down each time they get up. After they lie down many times in a row to get the treat they figure out that it's less effort to just stay lying down the whole time. So take your time on this preliminary step. Once your dog consistently lies down to get his treats, you can go to *Step 1* of the Down-Stay Game.

NOTE: Even flat nosed dogs such as bulldogs can eat out of the MannersMinder treat bowl. We suggest elevating their rug or using a large kibble to make eating from the treat bowl easier.

Step 1: Now, we'll start our first one-minute trial. Kneel or sit next to your dog's rug. Get your dog to lie down on his rug and immediately press the DOWN-STAY button on the remote. Then, immediately dispense the first treat and then dispense treats every :03 seconds when you hear the cue-tone.

When the Down-Stay light turns off signaling one minute, dispense a few extra treats randomly so that your dog doesn't learn to tell time and get up on his own at one minute. Then inconspicuously pull out your target and target Fido off. Target him several times between each trial in order to provide variety in training and also to give him vital practice for the *Place* game in Chapter 11.

Step 1: Treat Rate :03 seconds.
Repeat 5 times in a row.



Chapter 8: Game 3 – Down Stay

During this step, he'll probably look like he wants to get up and will move around on his bed. If he gets up, stop the treats, put him back in a down and start the minute over again. At first you may have to do this a bunch of times in a row because he will get up each time to get the treat. But after 3-4 times of getting up and being put back in a down, he will get the idea that he should stay down. When he completes this level for 5 one-minute sessions in a row target him off his place between trials, then go to *Step 2*.

TIP: If you are just training Fido to do a down-stay but don't need to send him to a specific location, then between trials you can call him away from his rug or use a leash and guide him off.

Step 2: Repeat as with *Step 1* but deliver the first treat starting at :03 seconds after Fido lies down.

At the end of the one minute, give him a few treats from your hand while he's still in a down so that he learns that he still has to stay down when getting treats from your hand. Make sure you reach down low enough so that you don't lure him into a stand! Occasionally giving treats from your hand will also prevent possessive pooches from guarding the machine from you. They learn that when you approach their machine they get good things from you. You can also sometimes provide better treats from your hand than from the machine, if you're concerned that Fido may start guarding. (If he has a history of food guarding, you should get help from a professional animal behavior specialist!). Otherwise, the treat should be the same or lower value than what's coming from the machine because you want the dog to be more interested in staying in his "place" than coming over to you.

Once Fido completes 5 trials in a row, go to *Step 3*.

Step 3: Repeat as with *Step 2* but now the Treat Rate is :05 seconds with the first treat coming at :05 seconds.

By now you probably don't have to crouch down, rather once you get Fido in a down you can sit within 3 feet in a chair.

At the end of one minute, dispense a few extra treats, then target Fido off.



Checklist



Step 2: Treat Rate :03 seconds, starting :03 seconds after Fido lies down. Repeat 5 times in a row.



At the end of one minute, give some treats by hand.

Checklist



Chapter 8: Game 3 – Down Stay

Note that if your dog is really short so that he wants to get up to look at you during this exercise, you may have to go back to giving treats more frequently for 5 trials now that you're sitting at this new height. Make sure that you give him treats right as you're starting to stand up so that he concentrates on the food rather than on your change of height.

If he doesn't have a problem with this height change, then resume with the plan by giving treats every :05 seconds, starting at :05 seconds.

From here on, at the end of one minute you will vary the routine so that Fido doesn't just learn to tell time and automatically think he should get up after one minute or doesn't learn that every time you stand up or approach it means to get up. So sometimes after a minute, give 2-3 treats from the MannersMinder randomly and sometimes walk up to him and give 2-3 treats from your hand at varying intervals. Sometimes walk up and give a treat as you start to walk away. Remember to always call him off or target Fido to leave his rug. If he gets up before you call, then put him back on his rug and tell him down and then give him a treat for staying down.

Step 4: Repeat as with *Step 3* but now the Treat Rate is :07 seconds with the first treat coming at :07 seconds. Repeat 5 times in a row. At this stage dogs may start to prefer staying on the rug over targeting. This is why a good targeting response is important. You may need to review targeting at this point. If you are having problems, go to troubleshooting.

Steps 5: Repeat as with *Step 4* but now the Treat Rate is :10 seconds and then give 2-3 more treats afterwards at a variable interval. When Fido can repeat 5 trials in a row, go to *Step 6*.

Step 6: Repeat as with *Step 5* but now the Treat Rate is :15 seconds and then give 2-3 more treats

Step 3: Treat Rate :05 seconds.
Repeat 5 times in a row.



At the end of one minute, vary the routine so that Fido doesn't just learn to tell time and automatically think he should get up after one minute.



Checklist



Step 4: Treat Rate :07 seconds.
Repeat 5 times in a row.

Checklist



Step 5: Treats every :10 seconds.
Five correct trials in a row.



Checklist



Chapter 8: Game 3 – Down Stay

afterwards at a variable interval. When Fido can repeat 5 trials in a row, go to *Step 7*.

Step 7: Treat Rate every :20 seconds for a minute and then give 2-3 more afterwards at a variable interval. Also increase your distance from the MannersMinder to 5 feet. When Fido can repeat 5 sessions in a row, go to *Step 8*.

By now your dog should be pretty stable. Also by now, Fido should be starting to go to the “place” even before you walk him over and give him the cue to lie down. In fact, he may be lying down on his own. If he’s not going readily, then your treat value is probably too low (i.e. he’s getting too much free food or has had too much to eat). Watch his expression and see if he’s truly motivated for the food. He should have his ears pricked forward and should be watching for the food.

Step 8: Treat Rate :25 seconds. Give treats at :25 seconds, :50 seconds and one minute and then give 2-3 more treats afterwards at a random interval. When Fido can repeat 5 trials in a row, go to *Step 9*.

Step 9: Treat Rate :30 seconds. Give treats at :30 seconds and one minute, then give 2-3 more treats afterwards at a random interval. When Fido can repeat 5 trials in a row, go to *Step 10*.

Step 10: Treat Rate :45 seconds. Give treats at :45 seconds and one minute, then 2-3 treats afterwards at a random interval. When Fido can repeat 5 trials in a row, go to *Step 11*. Note, at this stage, because Fido’s getting so few treats per each trial, from here on it is okay to sometimes jackpot and give him a string of treats each time. Press and hold the DISPENSE button on the remote to give him a jackpot.

Step 11: Treat Rate :60 seconds. Give treats at one minute, then give 2-3 more treats afterwards at a random interval. When Fido can repeat 5 trials in a row, he’s completed the “Down-Stay” section!

Step 6: Treats every :15 seconds.
Five correct trials in a row.



Checklist



Step 7: Treats every :20 seconds.
Five correct trials in a row.



Checklist



Step 8:



Checklist



Chapter 8: Game 3 – Down Stay

Troubleshooting

If Fido gets up more than 2 times in a row at one level, here's what might be wrong.

- You went to the next step too soon (before completing the last step) or you skipped too many days between sessions. You can tell because Fido looks interested in the treats but fidgets impatiently. *Solution: Go back to an earlier step.*
- He's not motivated enough for the food. If you completed the earlier step recently and Fido was stable, then most likely it's the treat value.
- If your dog looks bored, then randomly gets up, or if you switch to a higher value treat and he suddenly looks more interested and does much better, then motivation is the problem.

Just because an animal will eat a food when given by hand or for free does not mean he likes the food enough to work for it. If they don't want to work for it, they are telling you they aren't that hungry and they would rather have it for free. So, overall the best course of action is just to take the MannersMinder away and practice again later in the day. Alternatively, you can use a real treat instead of kibble. But remember dog treats that are not nutritionally balanced should make up 10% or less of his diet.

- If Fido whines, barks and or nose butts the machine, refer to the section on barking or pawing the machine from the *Tone & Treat* section. Make sure you address this problem immediately instead of accidentally reinforcing the bad behavior or it will take longer to fix the inappropriate behavior.
- Also, if Fido's too focused on the machine, smooch to get his attention when he's lying down. Follow this with a treat out of your hand for a few sessions. This will take care of the problem.

Most dogs will focus on the MannersMinder in the early steps of the "down-stay," but by :30 seconds

Step 9: Treats every :30 seconds.
Five correct trials in a row.



Checklist



Step 10: Treats every :45 seconds.
Five correct trials in a row.



Checklist



Step 11: Treats every :60 seconds.
Five correct trials in a row.



Checklist



Chapter 8: Game 3 – Down Stay

or longer they often spend time looking at their owner before they get their treat.

NOTE: At this point, Fido can do a down-stay under normal household conditions but not with major distractions. In stage 5 of training he will learn to perform the down-stay even with significant distractions such as visitors at the door.

Automatic Training Session – Quick Meal

At this point in training, on days when you're thinking about skipping a training session, instead of feeding your dog out of his dog bowl put him through an automatic training session. Set the Treat Rate between :03-:30 seconds, put it on SINGLE TREAT and VARIABLE interval so that it doles treats out on average at the Treat Rate but the actual rate varies, which keeps him guessing. Then hit the DOWN-STAY button to have the machine feed your dog his entire meal automatically. In the Variable mode, the MannersMinder will keep going until it runs out of food. Make sure you're nearby so that you can call Fido off his rug when he's finished his meal and so that you can stop the session if he gets up prematurely on his own. If you use an automatic session before you finish this stage of training, when you do resume a formal training session, make sure you don't skip ahead just because your dog does well on these "non-training" days. If you're on a long interval such as :30 or more seconds, or you want to get through the meal faster, you can set it to MULTITREAT so that each reward is a jackpot.

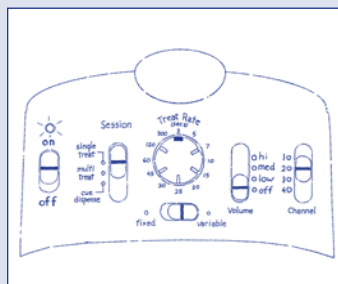
Remember to stay near your dog in this step since we haven't yet worked on distractions.

If Fido's too focused on the machine, give treats by hand until he focuses more on you.



Automatic Training Session:

- Power = on
- Volume = on
- Session = single treat or multitreat
- Treat Rate = :03-:30 seconds
- Treat Interval = variable



Chapter 9: Rewarding Calm Behavior

Recommended Daily Practice:

Two 10-minute sessions.

If even after working on *Say Please by Sitting* (Chapter 6) your dog still loves to jump on people or he's more motivated by attention and play with humans than food, then the following variation of "say please by sitting" will give him the focus he needs.

Step 1: Suddenly Settle

Now that Fido knows he should say please by sitting in order to get your attention, you have a built in ON-OFF switch. You should be able to jump, cheer and get him bouncing around with you, and then be able to freeze and expect him to immediately sit in a game called "suddenly settle." So, he's still allowed to play and run around when it's okay with you, but when you give the body posture cue he should immediately settle. Practice this several times each day.

Step 2: Changing Reward to Petting & Praise

Now we'll make it habit for Fido to sit politely to be petted. The best way to do this is where everyone in the house concentrates on each interaction with Fido for the first 24-48 hours. Without this special attention to this exercise, it's the humans who will have problems changing their habits. Fido will just do whatever you reward him for.

Every interaction with Fido is a training session, so he's always either learning what we want him to learn or what we don't want him to learn. If people pet him for calmly sitting, he'll learn to be calm when he wants attention. If others pet him or give him attention when he's jumping, he'll learn to jump for attention. If individuals are inconsistent, Fido will be inconsistent, too.

In this exercise, when Fido comes over to be petted, stand up straight and ignore him until he sits.

Step 1: Suddenly Settle

Practice several times each day.



You should be able to jump, cheer and pet Fido bouncing around with you. Then stop and wait for him to sit.

Step 2: Changing Reward to Petting & Praise

Practice this with every interaction with your dog.



If people pet Fido or give him attention when he's jumping, he'll learn to jump for attention.

Chapter 9: Rewarding Calm Behavior

When he sits, reach out to pet him. He's used to getting treats as a reward for sitting and may not be used to staying seated for an extended period of time, so expect him to get up immediately or start wiggling when you start petting. When he does, immediately withdraw your hand and stand up straight again so that it's clear that this behavior was not right. Then when he sits, go to pet him again.

He may wiggle each time you try to pet him for up to 10 times or more in a row. If you're strict about straightening up and removing your attention immediately so that he knows what you want, he will, within 10-20 minutes, understand that he must stay seated in order to be petted. When you do pet him, rub or stroke slowly. This will help keep him calm.

Some dogs are motivated by so many other things that as soon as you expect them to sit to earn something they walk off to focus on something that's rewarding for free.

They go to sniff a toy or play with the other family dog. They'll just come back to you later when you'll lower the price of your praise and petting. In these cases, you should start by practicing with Fido on a leash, preferably a handsfree leash (or one tied around your waist or to something stationary in the house), so that you don't give mixed signals by tugging on the leash.

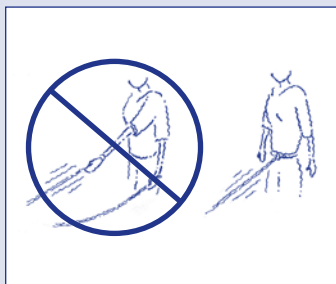
Now when Fido goes to walk off, make sure you stand stationary instead of letting him drag you with him. He'll pull and tug at his end but if you're completely still, he'll finally realize he's going nowhere. Eventually he'll focus his attention again on you. Wait until he sits on his own, then pet him.

If the whole family sticks to this regime regularly every time they want to pet him, then Fido will be a changed canine over-night. He will understand that even when he's maximally excited, he has to calm himself and be polite. Have strangers and other guests also practice this

Pet Fido only when he's sitting.



If your dog walks off, start by practicing with him on a handsfree leash, so that you don't give mixed signals by tugging or letting him pull your arm forward.



Stand stationary when Fido pulls on the leash.



Chapter 9: Rewarding Calm Behavior

routine. Soon sitting politely for pats on the head will be a habit and Fido will no longer think of jumping on family members or guests for attention.

As an added bonus, Fido will also be more focused because he's now used to controlling himself when excited. So now, instead of going off and doing his own thing or being sidetracked by the smallest distraction, he'll pay better attention to you.

ON-OFF Button

NOTE: Once he's consistently calm for petting, you can let him run around exuberantly for praise and attention when you want to play with him. He should immediately sit and calm down though when your body posture tells him to.

Step 3: Changing the Calm Behavior to "Down"

To speed up training of the down-stay and to strengthen Fido's calm behavior, you can require that Fido earn all petting and attention by lying down. As with the sitting exercise, Fido may at first wiggle or put his paws on you as soon as you start petting. If he does this, immediately remove your attention so that the message is clear. Pet only when he's lying calmly. Pet him in a slow, relaxed stroking at first. Once you're good at this, then increase the exuberance with which you pet. If you also only pet Fido when he's on his rug during the days or weeks of training, this will speed up learning that lying down on the rug is his favorite thing.

Fido will pull and tug at first, but if you're completely still, he'll finally realize he's going nowhere, then sit to receive a reward.



Practice this consistently.

Fido will soon understand that even when he's maximumly excited, he has to be calm to be rewarded.

To strengthen Fido's calm behavior, you can require that Fido earn all petting and attention by lying down.



Chapter 9: *Rewarding Calm Behavior*

Troubleshooting

If after a day or two, you still don't see a dramatic change in behavior in your dog who enjoys praise or petting, here's what you could be doing wrong:

- You don't remove your attention quickly enough or don't remain stationary when Fido starts to get up. Stand up straight immediately when Fido even starts to get up. Then hold completely still. Also, make sure you're silent. You have to make your signal black and white so your dog knows exactly what he has to do to earn your attention.
- Some family members or friends are petting Fido for free. Or they are inconsistent about rewarding the appropriate behavior.
- You correctly ignore Fido when he tries to get your attention for free, but you don't reward him enough for sitting or lying down. If you only withhold attention for bad behavior but fail to reward him frequently by giving attention when he's performing the appropriate behavior, it will take him a long time to learn to sit or lie down calmly when he's excited and wants attention from you or from guests.

TIP: The next exercise, *Come When Called in the House*, is useful for when you want to call Fido away from a distraction such as people he wants to jump on or bark at, rather than sending him away from you to go lie on a rug. For instance, if you want to skip Chapter 11, you can instead stand near Fido's rug and call him over when guests come to the door. Once he comes, you can tell him to lie down on his rug.

Chapter 10: *Come When Called in the House*

Recommended Daily Practice:

Three short sessions.

For Fidos with spotty hearing when it comes to coming when called (that is, they don't immediately come when called 100% of the time), it's a good idea to teach him to consistently come when called. Before you've finished training Fido to be polite at the door, you can call him to you every time he starts to run to the door.

The best way to get Fido to come when called is to send him on a chase. Practice "say please by sitting" several times so Fido is focused on you. Then suddenly run backwards a few steps and give him a treat as soon as he catches up. When he reliably runs after you several times, start adding the cue word "come." That is, say his name and "Come" just one time in an exuberant tone of voice right before you run backward, then give the treat and praise or petting if he indicates with his body language that he likes praise and petting.

Alternatively, when Fido's across the room and there are no distractions, you can bend down in a the human equivalent of a play bow which will elicit his attention and say, "Fido come." If he doesn't immediately come, then run the other way to stimulate him to chase. Again, as soon as he catches up, praise him and give him a treat.

If Fido doesn't come when you call him immediately every time, practice with him on leash so that he has to follow when you run. When he consistently comes immediately when you call, then you can graduate to off-leash in the house. You can cheer him on while he's running towards you so he thinks it's really fun. Make sure you call him and only say his name once though or he'll think his cue is "Fido, Fido, Fido, come, come, come."

Now practice in the house with family members.

Practice calling Fido back and forth between family members. Every time he goes to a family member who calls, he gets a treat and praise or petting if his body language shows

Step 1: Come When Called in the House



If your dog has selective hearing when you call his name, practice this exercise.

Checklist

Day 1



Day 2



Day 3



If Fido doesn't come when you call him immediately every time, practice with him on a leash so that he has to follow when you run.



Chapter 10: *Come When Called in the House*

that he likes these things. Wait until he's finished eating the treat before another family member calls. Also play hide and seek where you hide and call him and he looks for you. The goal is to make coming when called a fun game — more fun than other distractions around the house. If needed, you can practice on a retractable leash.

Troubleshooting

He ignores you because...

- You use a military tone of voice instead of an exuberant voice or your tone of voice is too soft. Fido should think that running to you is fun.
- You lean towards your dog instead of running away.
- You often call him in situations where he's not likely to come so he learns to ignore you.
- You practice off leash in cases where you should practice on leash.
- Fido runs right by you. For the first several times, lure Fido with a treat. That is, when he almost reaches you, show him the treat and position the treat so he sits. Only do this several times during your first practice session until he gets the idea or this lure will become a bribe. Then hide the treat and wait until he sits before giving the treat.
- You bribe him by holding the treat out or waving it around to get his attention instead of waiting for him to sit and then rewarding him.
- He comes when called but after he gets his treat, he ignores you and walks away. Give 2-5 treats in a row at unpredictable intervals so he learns to continue watching you after he has come. The goal is to give the next treat before he looks away.

Chapter 11: Game 4 – Place

TIP: You can skip Chapter 11 if you'd rather lead Fido by the collar to his rug.

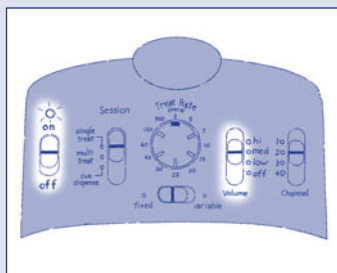
Recommended Daily Practice:

Two 15-minute sessions.

By now, Fido knows to go to his rug if you walk over with him and has targeted many times so he's used to running to the rug. He should also be going readily and even goes spontaneously on own. Now we'll teach him to run to his rug with the MannersMinder near the rug on cue. If he's not going over happily or he wants to avoid his "rug," you've either used food that's not very high value to him or he's been reprimanded and associates the rug with bad things. If this is the case, spend a few days letting him earn all of his food for lying down on his rug with the machine as described in the Automatic Training Session on pages 36 and 37 in the *Down-Stay* section. Once he gets to the point that he immediately follows you to his rug when you bring out the machine, then you can go to *Step 1 of Place*.

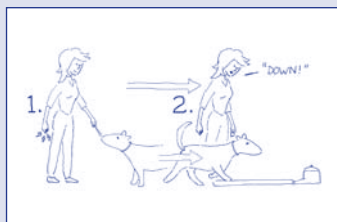
Step 1: Targeting and then Lying Down

Target Fido several times in row, but this time follow him up to the "place" each time and when he gets his treat, cue him to lie down. Once he's down, give him a few more treats at varying intervals so he continues to think about staying in a "down-stay" rather than developing a pattern of getting up right after he gets his treats. You can even "jackpot" by holding the DISPENSE button at irregular intervals once he's down. When you're sure he's in a stable "down-stay," go ahead and target him off again and repeat the exercise. Make sure you practice from many different directions relative to the rug. And if he looks like he's going to lie down crookedly, just position yourself by stepping closer to the crooked side so that he will straighten out before he lies down. If he lies down off his rug, then just have him stand up and reposition him to lie down. When Fido reliably runs to the rug after targeting and lies down quickly on the first "down-cue" or without a cue 9 out of 10 times in a row, go to *Step 2*. Make sure that you target him from many different directions relative to the rug so that he learns to lie down in the correct orientation regardless of the direction from which he has approached the rug.



Step 1: Targeting and then Lying Down

Complete 9 out of 10 correct sessions in a row.



Checklist



Chapter 11: Game 4 – Place

Step 2: Reward After Lying Down

In this step, when Fido targets, don't TONE & TREAT until after Fido lies down on his rug in front of the MannersMinder. That is, after he targets he should automatically run to the MannersMinder because it's a habit now. Once he gets there, he should stay at the machine if he's really ready for this step, especially since you should have walked up to the MannersMinder with him and should be standing near him. Then, you can either wait a second to see if he'll lie down on his own or cue him down verbally. You need to be sure he lies down in the right orientation. When he reliably runs to the machine after targeting and lies down to get his treat 9 out of 10 times in a row, go to *Step 3*.

NOTE: Any time your dog makes several mistakes, go back and repeat the previous step. Remember, you can “jackpot” Fido if you want, but in any case be sure that you give him several treats at irregular intervals so that he doesn't anticipate that you will call him to target. Once he's in a stable “down-stay” you can target him off the rug. Again, make sure that you target him from many different directions relative to the rug so that he learns to lie down in the correct orientation regardless of the direction from which he has approached the rug.

Step 3: Food Lure

Now Fido should clearly show that he likes lying down on his rug in front of the MannersMinder machine and that lying down in front of MannersMinder is what makes the treats come out. Now call him to you or target him and then grab his collar before he can go back to his rug. When you call him to come, you can give him a treat for coming if you want. When you're holding onto his collar, he should want to go immediately back to the machine so that he can lie down and get a treat.

Step 2: Reward After Lying Down

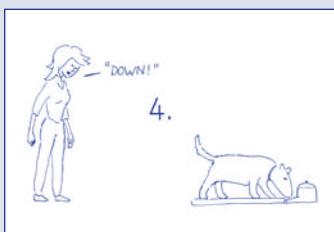
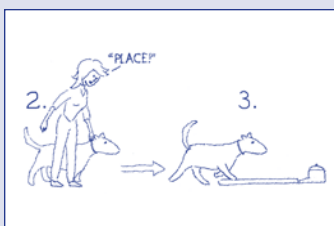
Complete 9 out of 10 correct sessions in a row.

Checklist



Step 3: Food Lure

Complete 9 out of 10 correct sessions in a row.



Checklist



Chapter 11: Game 4 – Place

Still holding his collar, from about 5-10 feet away, release a treat from the machine in order to lure him to the MannersMinder and then say, “Place.” Simultaneously release his collar. “Place” will come to predict that he gets the opportunity to run to the rug and lie down. Once he gets to MannersMinder and is eating his treat, tell him to lie down, then give him a few more treats at random intervals. Make sure you continue giving treats until he’s stable on his down-stay and gives no indication that he wants to run back to you.

Some dogs tend to lie facing the owner. When you TONE & TREAT, he will stand up to get his treat. Tell him to lie down and give him a few more treats. If he lies down facing you the second time, just TONE & TREAT and tell him to lie down again. Eventually after you repeat this portion of *Step 3* enough times, your dog will lie down in the correct direction because it’s easier to lie down in this direction to get the treat than it is to turn around and face you and then have to get up to get a treat. Continue this exercise until the dog lies down facing the MannersMinder and stays lying down to get treats. Then follow up with at least 2-5 treats for staying down facing the correct direction, before you call or target him off the rug.

When you can repeat *Step 3*, 9 out of 10 times in a row correctly, go to *Step 4*. If you mess up more than 5 times, go back to *Step 2*. (If you plan to be able to place Fido without having to tell him to lie down, then don’t go on to *Step 4* until he automatically lies down for his second treat.)

Step 4: Place Without Luring

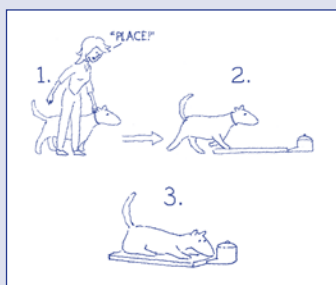
Repeat *Step 3* but this time don’t TONE & TREAT until after Fido has run to his rug and laid down. You can still verbally cue him to lie down if that’s what you want for his final behavior. Otherwise, just wait until he automatically lies down before you TONE & TREAT. Once you complete this *Step 9* out of 10 times in a row correctly, go to *Step 5*.

Step 5: Place from Different Directions

Repeat *Step 5* but from a different direction so that Fido learns to “place” from different directions and locations. You can gradually build up distance too if you want him to “place” from a long distance away. Once Fido completes 9 out of 10 trials in a row on cue, you’re finished with this game!

Step 4: Place Without Luring

Complete 9 out of 10 correct sessions in a row.



Continue this exercise until the dog stays lying down to get treats.

Checklist



Step 5: Place from Different Directions

Complete 9 out of 10 correct sessions in a row.

Checklist



Chapter 12: Game 5 – Down Stay w/Distractions

Recommended Training Time:

Two 15-minute sessions.

Overview

At this point Fido knows “down-stay” for one minute and “place.” Now we’ll add in the common door distractions. For this part of the training, put the rug in its final location near the door. The best type of location is one that’s on the way to the door so it will be easy for him to “place” and in a location where he can see the person who’s at the door. It should also be in a location where it’s easy for you to block him by stepping in front of him if he gets up to run to the door.

For this series of one-minute trials, always send Fido to his “place” from 5–10 feet away so he has practice “placing.” At the end of each one-minute trial give a few more treats at variable intervals, sometimes from your hand and sometimes from the MannersMinder so that Fido doesn’t anticipate when he should get off the rug. Then call Fido off or target a few times in between the one-minute trials.

In this game, we will add one distraction at a time while doling out treats every :03 seconds. Once Fido’s completes 3 one-minute trials in a row at any step, you can go on to the next step.

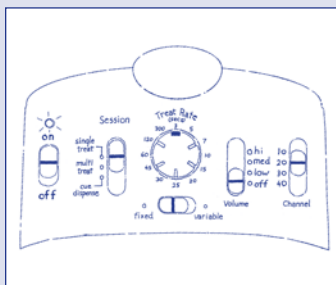
If he ever messes up 2 or more times in a row, refer to the troubleshooting section.

Step 1: The Moving Human Distraction

Send Fido to his spot and when he lies down, immediately hit the DOWN-STAY button so that treats automatically dispense every :03 seconds for one minute. Then start walking around. When you walk around, start by making it easy. That is, first walk in front of Fido or close by. When he seems relaxed, then walk more toward his sides or back and all the way around. Then also add distance. Time more difficult distractions as his head is in the treat bowl. If he gets up, immediately press the DOWN-STAY button again to stop the trial. Then have Fido lie down again and start over. This time be more

Set the control panel to:

- Power = on
- Volume = on
- Session = single treat
- Treat Rate = :03 seconds
- Treat Interval = fixed



Step 1: The Moving Human Distraction

Send Fido to his spot, then start walking around. Dole out treats every :03 seconds and fast enough so that he doesn’t think about getting up. Three correct trials in a row.



Put the rug in its final location near the door.

Checklist



Chapter 12: Game 5 – Down Stay w/Distractions

careful to prepare him for the distraction by starting with easy distractions and then making them harder and timing them while he's eating a treat. Once he is good with harder distractions timed with treats, time these distractions more randomly.

Target Fido several times between down-stay trials. Make sure that during this step you practice walking toward and away from the front door. When Fido completes 3 one-minute trials in a row, go to *Step 2*.

Step 2: The Running Human Distraction

Repeat as in *Step 1*, but this time intersperse short quick movements and running. At first, time the movements right as Fido's going for the food in his bowl. Once he's no longer excited or interested in your quick movements, start timing the quick movements right before he gets a treat and then more randomly. Work in any movements that you know tend to distract him such as dancing, leaning over to pick something up or sitting down on the floor. When he completes 3 one-minute trials in a row, go to *Step 3*.

Step 3: Loud Sounds and Talking

Send Fido to his "place" and then dole out treats every :03 seconds by pressing the DOWN-STAY button. This time, practice yelling, cheering or making sudden loud (but not scary) noises. Again, at first, time these distractions to occur right as Fido's going for the food in the treat bowl. When he looks like he's no longer interested in these distractions, then present them more randomly. When he's relaxed and completes 3 one-minute trials in a row, go to *Step 4a*.

Step 2: Running Human Distraction

Complete 3 one-minute trials in a row.



Checklist



Step 3: Loud Sounds and Talking

Complete 3 one-minute trials in a row.



Checklist



Chapter 12: Game 5 – Down Stay w/Distractions

Step 4a: Toy Distraction from Far Away

From here on, you only need to complete 2 one-minute trials in a row successfully before going on to the next step. Take a toy like a squeaky ball (provided your dog likes toys; if he doesn't then you can skip this step). Send him to his "place" and then stay about 10 feet away with treats dispensing every :03 seconds. Squeak the toy or bounce the ball every time Fido has his head in his bowl.

In between trials you can call him off his rug or say, "OK" and then let him get off to get his toy. If he tends to run away from you with the toy, then keep him on the leash for this exercise. After a short toy-holding bout, take the toy from him (exchange for a treat if he doesn't give it back readily) and have him get back and lie down.

If he tends to get up off the rug or bed because he values toys more than food, then go to Troubleshooting at the end of this section. When he's completed 2 one-minute sessions in a row, go to *Step 4b*.

Step 4b:

Repeat *Step 4a*, but this time squeak the toy or bounce the ball at random intervals from 10 feet away.

When Fido's good for 2 one-minute sessions in a row, go to *Step 5a*.

Step 5a: Toy Distraction from Nearby

Repeat as in *Step 4a* where you time the squeak or bounce just as Fido's getting the treat, but this time stand about 5 feet away. When he's completed 2 one-minute sessions in a row, go to *Step 5b*.

Step 5b:

Repeat as in *Step 4b* where you time the squeak or bounce randomly but stand about 5 feet away. When Fido's completed 2 one-minute sessions in a row, go to *Step 6*.

From here on you only need to complete 2 one-minute trials in a row successfully before going on to the next step.

Step 4a: Toy Distraction Far Away

With treats coming every :03 seconds, stand 10 feet away and squeak the toy or bounce the ball every time Fido has his head in the bowl.



Checklist



Step 4b: Repeat *Step 4a*, but this time squeak the toy or bounce the ball at random intervals from 10 feet away.



Checklist



Step 5a: Toy Distraction Nearby

Repeat as in *Step 4a*, but stand about 5 feet away.

Checklist



Step 5b: Repeat *Step 4b*, but stand 5 feet away.

Checklist



Chapter 12: Game 5 – Down Stay w/Distractions

If you want, you can also work in more intense distractions where you toss the toy. As with the earlier steps, at first present the distraction as Fido's receiving his treat. When he's good at this, then present the distraction more randomly.

Step 6a: Knocking on the Door

Send Fido to his "place" with treats coming every :03 seconds and knock on the door. Time all knocking to occur while Fido's eating his treats. If he's very reactive to knocking, then start with soft knocking and even just knock on the walls. Make sure that you knock softly enough so that he doesn't bark or you may accidentally reinforce his barking. When Fido's relaxed and completes 2 one-minute sessions in a row, go to *Step 6b*.

Step 6b: Repeat with louder knocking (but not loud enough to make Fido bark). When he's relaxed and nonreactive for 2 one-minute trials in a row, go to *Step 6c*. You may need to insert additional steps where you gradually increase the knock volume until you're able to knock full force.

Step 6c: With treats coming every :03 seconds, knock on the door with full force, but time the knocks randomly. When Fido's relaxed and nonreactive for 2 one-minute trials in a row, go to *Step 7*. If he barks more than once or twice, immediately go back to *Step 6b* or you may accidentally train him to bark more!

Step 7: Opening the Front Door

Send Fido to his rug, then stand by the front door. With treats coming every :03 seconds, close and open the front door. First, time the distraction as his head's buried in the MannersMinder bowl. Then when he's nonreactive, time the distraction randomly. If he gets up to run to the door, just block him or close the door and wait patiently until he decides to go back to his rug. You may first have

Step 6a: Knocking on the Door



Checklist



Step 6b: Louder knocking, timed with treats.

Checklist



Step 6c: Now time knocks randomly.

Checklist



Step 7: Opening the Front Door.



Checklist



Chapter 12: Game 5 – Down Stay w/Distractions

to start by just touching the doorknob or rattling the lock as he's eating his treats. Once he ignores these cues, increase to opening the door just a quarter of the way and quickly shutting it. Work up to opening the door all the way. When he's relaxed and nonreactive for 2 one-minute trials in a row, go to *Step 8*.

Step 8: Combine All Distractions

Now combine all distractions with treats coming every :03 seconds. Especially concentrate on opening the door, running toward the door, pretending to talk to someone outside the door and add ringing the doorbell. If you find that Fido's having trouble with one particular distraction, concentrate on timing that particular distraction when he's getting food treats. If he's overly reactive to the doorbell, you can practice several sessions with the doorbell distraction alone.

When he's good for 2 one-minute sessions in a row, meaning you can present the distraction even when he's not eating his treat and he doesn't bark or try to get up, but remains relaxed, go to *Step 9*.

NOTE: If you live in a household with more than one dog, you should repeat this step with the other dogs in the room if your end goal will be to have all the dogs out in the house when guests come to the door.

Increasing Time Intervals

From here on, we just increase the time interval between treats.

Step 9: Combine all distractions, with treats coming every :05 seconds. Time the distractions while or just before Fido gets a treat. When Fido can complete this step 2 times in a row, then go to *Step 10*.

Step 10: Repeat *Step 9*, but with treats coming every :07 seconds. Make sure you present distractions at a high enough intensity in this early stage.

Step 8: Combine All Distractions

Have treats coming every :03 seconds.



Checklist



Step 9: Combine distractions with treats coming every :05 seconds.



Checklist



From here on, we just increase the time interval between treats.

Step 10: Repeat *Step 9*, but give treats every :07 seconds.

Checklist



Chapter 12: Game 5 – Down Stay w/Distractions

Step 11: Repeat *Step 10*, with treats coming every :10 seconds.

Step 12: Repeat *Step 11*, with treats coming every :15 seconds.

Step 13: Repeat *Step 12*, but give treats every :20 seconds.

Step 14: Repeat *Step 13*, but give treats every :30 seconds.

Step 15: Repeat *Step 14*, but give treats at :45 seconds and one minute.

Step 16: Repeat *Step 15*, but give a treat after one minute. When you've completed this step two times in a row, you've completed this section!

Troubleshooting

Trouble with Toys

If Fido's focused on toys, then take time out to practice tossing toys or playing fetch only after Fido's in a "down-stay" on his rug. Show him his toy, and then have him earn it by lying down on his rug while you bounce, squeak or wave it.

When he stays down for a few seconds (one bounce or squeak or wave), say "OK" or use some other release word, then toss the toy.

Repeat this 5-10 times per session until he understands that he has to lie down on the rug in order to earn the toy. Then gradually increase the number of bounces, waves or squeaks that will earn the toy.

Intersperse these toy-earning sessions throughout the distraction training.

Step 11: Treats every :10 seconds.

Checklist



Step 12: Treats every :15 seconds.

Checklist



Step 13: Treats every :20 seconds.

Checklist



Step 14: Treats every :30 seconds.

Checklist



Step 15: Treats every :45 seconds. and one minute.

Checklist



Step 16: Treats every one minute.



Checklist



Chapter 12: Game 5 – Down Stay w/Distractions

Also, when playing with toys inside or outside, always require that Fido sit, or better yet, lie down, before tossing the toy. Refer to *Say Please by Sitting* (Chapter 6) and *Rewarding Calm Behavior* (Chapter 9). Practice in sessions of 5-10 tosses. When he reliably lies down to have his toy tossed you can also bounce the toy or squeak or wave it around one time before giving the “OK”, then tossing. Increase to :05-:10 seconds of “down-stay” before you toss.

Gets Up Prematurely

If Fido gets up it's for one of the following reasons:

- You presented the distractions at too high an intensity. Go back and lower the intensity until Fido's relaxed.
- You presented the distraction at the wrong time. Make sure you time the difficult moves as Fido's nose is in contact with his treat bowl at first. He should be staring at the treat bowl when you present the distraction.
- Fido is not hungry enough. Test with higher value treats or stop the session and resume later in the day.
- You haven't removed the rug or MannersMinder between sessions in *Games 1-4*, so Fido thinks he can get on and off at will to earn treats.
- Treat rate is too slow. Rate should be every :03 seconds until he is relaxed for all distractions.
- You are rewarding him for getting up — by petting or giving attention or by giving treats for getting up, then lying down again.
- You have not practiced “say please by sitting” or “rewarding calm behavior,” so he thinks that if he gets up to run to the door that he will be able to get by you to go out the door.

Barks

- You have rewarded barking by giving treats after Fido barks. Lower the stimulus intensity and raise treat rate back to every :03 seconds so Fido does not have much chance to bark. (Refer to door knock distraction for more information.)

When playing with toys inside or outside, always require that Fido sit, or better yet, lie down, before tossing the toy.



Chapter 13: *Visitors at the Door*

Recommended Daily Practice:

Two 10-minute Guest Visits (and any other time visitors come over).

Now it's time to practice with actual visitors. You'll get quickest results if you set up visits where neighbors, friends or guests visit two times a day, until Fido gets the idea, but you can also train just when you have your regular visitors come to the door.

If you've been consistent about picking the MannersMinder up between sessions and ending the training session before Fido loses interest, Fido should be glued to his rug whenever the MannersMinder comes out. If this is the case, then you can now leave it out all the time. He will quickly learn that treats only come out when you cue him to "place." If he goes to lie down on his own, don't reward him. Only reward him when he lies down on cue, then call him off at the end. This way he'll learn that you're still in charge of the rewards and he can't just go back randomly to get rewards, then get off his "place" whenever he feels like it.

Start with One Dog:

If you have more than one dog that's misbehaved at the door, make sure only the dog in training is out during the early guest visits. You'll add the other dogs later on.

Step 1:

When the doorbell rings and your dog runs and barks at the door, tell him to "Place." If he doesn't immediately place, then instead, stand near his rug and call him to come. If you've practiced your recall he should come readily. (Refer to Chapter 10.) Then once he reaches you, give him a treat by hand, then tell him to "Place." Often dogs will place on their own once you get them near their rug or bed.

NOTE: If the "place" is located on the way to the door and within 5 feet of the door, it will be easier to teach him to "place" with high distractions and also easier to block him from getting to the guest if he stands up.

Step 1: When the doorbell rings and your dog runs and barks at the door, tell him to "Place." If he doesn't immediately place, then instead, stand near his "place" and call him to come.



Chapter 13: *Visitors at the Door*

Step 2:

As soon as he places, dispense treats manually every :02-:03 seconds. Continue at this rate if he looks like he wants to get up or if he barks. You may need to give treats even faster to prevent barking. If Fido gets off his rug to run to the door, block him as you learned in “Say Please by Sitting” on the DVD. If he has the choice between sitting and waiting or going to the rug where he could also get treats, he’ll go to the rug to get treats. When you block him, you shouldn’t have to tell him to “Place.” He should make the choice on his own.

If your dog does not look relaxed after a minute, then have your guests leave and return a few minutes later and repeat the door procedure. Continue practicing these one-minute sessions with guests remaining outside until your dog relaxes. This can take as little as one trial, or it may take multiple guest visits over a number of days. Since the trials are short, each visitor can make as many as five or more visits during one training session. Dogs learn this step quickest if they know that they can’t get by you to reach the visitor and if you’ve worked on “rewarding calm behavior.”

Once your dog is relaxed with the person outside, you can slow the treats down as long as he doesn’t get up and he doesn’t bark, or you can go ahead and invite the person in.

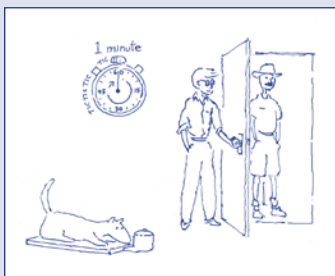
Step 3:

When your guest steps inside, make sure you stand in-between Fido and the guest so you can block Fido from getting to the guest if he gets up. Also, keep the treats coming fast enough so he doesn’t get up. If your dog gets up once the visitor is inside, block him from getting to the person by stepping in front of the person well before Fido reaches the person.

The visitor should stand completely stationary as if there’s no dog there. Once Fido figures out that he’s not going to get to the guest, he will go back to his rug. Once he gets there

Step 2:

As soon as he places, dispense treats manually every :02-:03 seconds. Continue at this rate if he looks like he wants to get up or if he barks



Step 3:

When the person steps inside, make sure you stand in-between your dog and the guest so you can block him from getting to the guest if he gets up.



Chapter 13: *Visitors at the Door*

and lies down, give him treats every :03 seconds so he stays down consistently for at least :30 seconds and relaxes. If you give him only 1-2 treats and then he gets up again and you repeat this pattern multiple times, you may accidentally teach him to get up so that he can run back to the rug to lie down and get a treat.

After Fido is down and relaxed, the visitor can pet him when he's lying down on his rug, but if he gets up, the visitor should immediately stop and stand up straight. So, in this step, Fido learns that he doesn't get attention when he gets off his rug, he only gets attention when he lies down on his rug like he's supposed to.

Repeat this door practice multiple times with each practice visitor. If Fido gets practice with many visitors over a short period of time, he'll quickly learn that he should stay on his rug when visitors come to visit.

Once your dog's fairly relaxed for visitors coming to the door, with treats coming rapid-fire, and stays on his rug reliably because you've blocked him when he's gotten up before you've given him the cue to get up, then you can gradually increase the interval between treats.

Congratulations! You and your dog have completed "Polite at the Door" training.

Troubleshooting

What If Your Dog Barks?

If at this stage Fido still barks, you've probably accidentally rewarded him for barking by giving treats after he barks and not giving treats frequently enough when he's quiet to keep him quiet. You can tell when you've rewarded the wrong behavior because your dog may bark a few times and then looks at the MannersMinder, or if he barks every time you bring the MannersMinder out, then he thinks that barking earns him treats. To fix the behavior, when he's placed with someone at the door, give him treats continuously to teach him to be quiet. Give them quickly enough so that he doesn't have a chance to bark. Gradually increase the amount of quiet you require before giving him a treat and gradually increase the interval between treats. When doing this, make sure you still have the treats come rapidly enough so that he doesn't have a chance to bark.

Chapter 14: *Fading Out the MannersMinder*

(Optional)

Some owners might like to have Fido “place” without a MannersMinder present. This is one method for fading the MannersMinder away.

Right now Fido thinks “place” means go lie down in front of the MannersMinder but doesn’t know it means lie on the rug. Now we’ll teach that “place” means specifically lie on the rug.

- Start with the MannersMinder 1-2 dog lengths from the rug. Walk Fido over and say “place.” When he lies down, give a treat by hand while he’s lying down on his place. Then give a treat from the MannersMinder. Repeat many times. Then move the MannersMinder a little farther away and repeat. Repeat with the MannersMinder in many locations and many distances away from the rug.
- When you can put the MannersMinder up to 10 feet away from the rug and say “place” and he goes to the correct location, you’ve successfully removed the need for the MannersMinder during this exercise. However, you’ll probably want to use the MannersMinder periodically to brush up on his behavior.
- Alternatively you can put the MannersMinder away. Then tell Fido “place” and walk him over to his rug. Reward with treats by hand intermittently for doing a down-stay on the rug.

Other Uses

Training Fido to be calm and quiet in another room or in his crate

Use the same settings as the down-stay with distractions. Set the MannersMinder on a treat rate of :03 seconds, single treat, and variable rate so that each trial can last greater than one minute. Put Fido in a room, or in his crate, and hit the down-stay button so that treats dispense on average every :03 seconds. Once he’s quiet, calm and focused on the MannersMinder instead of getting out of the room or crate, you can slow the treat rate to every :05 or :07 seconds. When he’s good for another minute at this rate, then slow the rate down further. The goal is that he... 1) receive treats before he has a chance to revert to the undesirable behavior... and 2) that you systematically increase the interval between treats but only after he is consistently behaved at the present treat rate.

Be sure to stop the session before Fido gets full. So at first the session may be short, but you can have multiple sessions throughout the day.

If Fido is too anxious when you leave him in his room or crate, you will have to work through the down-stay and down-stay with distractions section of this protocol first. Then when he’s in the room or crate, have him perform a down-stay. Now this becomes a variation of the down-stay with distractions.

Barking

Reward quiet behavior in the same way as training calm behavior in a room or crate. As soon as Fido is quiet, dispense treats rapidly for up to a minute. Then slow the treat rate down slightly for another minute and so on.

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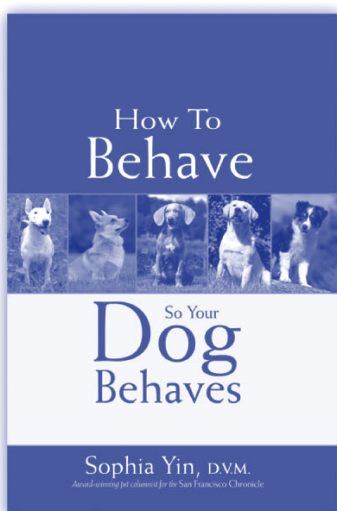
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