



HOW TO PRACTICE: dog training

Thank you for signing up for an online training plan. You are on the way to having a happy and well adjusted dog! You'll see your dog training program and customized lesson plans laid out for each day of the week.

Here are a few tips to help get the most out of your practice:

1. Review the week's lesson plan and videos before you sit down to work with your dog.
2. Ensure your dog is hungry by withholding food for several hours before you plan to practice.
3. Have a supply of your dog's favorite training treats available to use for the session. Small, smelly and soft are qualities that usually make good training treats.
4. Turn off distractions such as the TV and mute your phone. Find a quiet indoor spot to work with your dog unless instructed otherwise.
5. Set a timer for the allotted practice time to keep your training sessions on track. No need to worry about reps, instead, practice the exercises until the timer goes off.
6. Set up your phone or other device to video record your training session. Post any video to the WhatsApp chat that you'd like me to review. I love seeing things that are going right as well as things that you might need extra help with.
7. Remember to post any questions that come up in the WhatsApp chat for my review. Post as much as you'd like and I'll be back on Wednesday and Friday to offer you my support.
8. Most importantly, enjoy the time with your dog and have fun!!