*Let’s go for a walk*

**Instructions for Loose Leash Walking:**

1. For Loose Leash Walking (LLW) your dog doesn’t need to be in a precise heel precision. If you are working with a 6 ft least then as long as your dog is at 5 ft or less then he is not pulling. He can be in front of you, to the side of you, or behind you just as long as he is not pulling.

2. The first step is to get your dog’s attention so that he will look to you when asked. When your dog is not looking at you make a kissy noise. Once he looks at you say Yes then give him a yummy treat (Y/T). Do this a few times.

3. Now that he knows that the kissy noise is a good thing, do it again but this time back up a few feet so your dog is in front of you walking towards you. At first do short distances( about a 6 ft distance), then progress so you can walk backwards for at least 20 ft while your dog is focusing on you. Stop and Y/T.

4. You may wonder if this exercise is so you walk backwards with your dog…it’s not. It is the start of learning to get your dog to focus on you when he starts to pull.

5. Make a kissy noise and walk backwards with your dog in front of you following in your

direction. Turn 180 degrees and walk a couple of steps facing the same direction of your dog. As long as he is not pulling Y/T. Repeat this several times but only walking a

couple of steps. This is so he learns that when you stop to call him back you will walk in

a forward movement and get rewarded as long as he doesn’t pull.

6. Once he has mastered this, start walking more distance. Try walking 10 steps without

pulling. If he does start to pull (right before you anticipate it), make the kissy noise, and

back up in the opposite direction as instructed in step three. Once he is focused on you

turn around to the direction that you were heading. As long as your dog is not pulling

keep rewarding, Y/T. You never can be too stingy with the treats. Your dog will start to

figure out that if he does not pull he gets treats PLUS he gets to move forward.

7. Start adding more distance. REMEMBER…as long as he is not pulling reward that

behavior. This is what you want. Key to successful loose leash walking (LLW) is using a very high rate of giving treats, which means many clicks with treats.

**Helpful Hints:**

1. Make it fun for your dog. Talk to him in a happy voice when he is doing well LLW. It is

boring for the dog if you are not talking to him.

2. If your dog lunges at the end of the leash, plant your feet, make the kissy noise and move backwards and once he follows start moving forward again then reward him for not pulling.

3. As you continue the training, randomly give him a treat. You can make it so it is

unpredictable for him when he is rewarded.

4. Try not to lure him with the treat. By luring your dog is not figuring out on his own not to pull. He is just following your hand with the treat.

5. The easiest way to dispense the treats is to grab a handful and put it in your right hand while your dog walks on your left side. As your dog is walking LLW, say YES then

throw a treat on the ground slightly in front of him or you may hand it to him.

6. Decide on a word to use when you want to do the forward movement. Many people use“Let’s go”.

7. Do several short sessions at first. Do not overdo it. You want your dog to succeed.

8. Start adding distractions from a distance such as another person, a toy, a dog. When you start adding distractions, you need to keep the sessions short and gradually increase the time when your dog does it reliably.

9. Go to different locations; move in different directions so your dog needs to keep the focus on you. Change your pace so you are walking slow, moderate, and fast.

10. You are competing with the environment so you need to make yourself more interesting.

11. Consistency is extremely important with this training. While walking your dog you need to always be working on this. If you let your dog pull once, that will only reinforce that he can still pull.

12. Instead of food, occasionally pull out a toy to play tug with him. MAKE IT FUN!

13. Another option if you do not have the time to work on LLW is to purchase equipment such as a front clip harness Harness, martingale collar, or head halter.

14. If your dog is out of control, jumping up and grabbing the leash he is an over excited dog. Play with him prior to walking for about 10 minutes to burn off some of that energy.

Start again working on the LLW.