
 As with any training don't rush things and go slowly as eventually you will not need the treat and may only need to do the exercise once or twice.

 Often with dog issues it is not because they are nasty but simply because they are afraid of the other dog or may not have had sufficient socialisation with other dogs. By doing this exercise you will associate the other dog or object with the treat making it a pleasant experience rather than being told off, or pulled about on the lead. It also puts the dog at ease and stops them getting over-excited causing more problems. The key to this exercise is timing as it is important to get the exercise in before the dog has the chance to see the object or get himself worked up into such a state that it is impossible to snap him out of it.



# YOU & your new DOG



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# FOCUS EXERCISE



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The focus exercise is about teaching your dog to look at you and pay attention to you when you need to distract him from something like another dog. It will also associate the object causing the problem with getting a tasty reward.

## What to do:

- When you feed your dog get him to sit in front of you, take a small amount of the food and hold it close to your face. You can give a verbal command of "watch" or "look at me" as soon as the dog makes eye contact (which should be fairly quick as he will look at the food) and give him the food. Do this a few times and then feed him the rest of his dinner.

- Keep practising this in rooms where there are no distractions. When he is getting the hang of it move outside to the back garden where there are likely to be more distractions, birds, squirrels etc. Move to the front garden / drive and do the same.
- When he has got the hang of it you can start to do it on your walks. Walk normally but as soon as you see a dog or the object that the dog has issues with (might be a car, bike, pushchair) get the dog into a sitting position and do the focus exercise, give yourself plenty of space so if you need to go on the opposite side of the road, keep the dogs attention by doing the exercise until the object has passed, then continue on your walk.
- Keep doing this until the dog gets the hang of it. When he has you can start to move closer to the object.
- If at any point the dog breaks the focus and starts barking then walk in the opposite direction and try it again, remaining calm yourself.

