



# Finding Time to Train



use your daily routine to improve your dog's behavior

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## "But I don't have TIME to train"

Yes you do. Training doesn't have to involve a long commitment of time. Here's when:

- During commercial breaks of your TV show - turn the sound down.
- While your bagel is toasting.
- While your coffee is brewing or tea is steeping, or the microwave or stove is working on your next meal.
- While on the phone (remember, you don't need to give commands when you're capturing good behavior).
- While on the toilet (sits, downs, even "come")
- Two minutes before your walk - Don't indicate the walk in any way, just start running your dog through his commands. Reward each correct response. After the last one, say, "Good dog! Wanna go for a walk?" and go get the leash. This is a jackpot!
- Two minutes before the dog gets to go on a car ride. See above.
- Every time you let the dog in or out a door (ask for "sit" or a "down" before you open the door).
- Every time you put down a food or water dish (ask for "stay" or "leave it" before releasing them to get it).
- While playing fetch (ask for a "sit" or "down" or other trick before throwing teach ball).
- While your computer is warming up, shutting down, or downloading that slow e-mail or website.
- When you walk out to pick up the paper or mail (wait at doorways, walk on a loose leash, etc.)
- Every time you start an interaction with your dog. Don't interact with him unless he is calm and polite - especially when you first come home. Ignore him (pretend he's not there, give him the cold shoulder) if he's being wild or noisy.



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