

Here is your very first Top  
Tip..



**Top Tip #1**

## **Preparing for the walk.**

*Hello, and thank you so much for signing up to my Top Tips.*

*Over the following 10 days, you will receive a different tip each day.*

*I hope they are useful to you, and hopefully you will find them*

*helpful in some way. Some of the tips will offer a practical idea to*

*help solve a dog problem, and some will be a little more*

*philosophical, and will hopefully give you something to think about.*

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*This first tip is more of the practical type, and addresses a very common issue that many dog owners find tricky to overcome, and that is a dog dragging them down the street, when out on a walk.*

*Regards... Glen Stanford.*

*The UK Dog Whisperer.*

It does amaze me sometimes that as I am driving through town, I witness the same spectacle, day after day. A dog dragging an owner down the street, with the dog completely unaware that the owner is even there. Out in front, with the lead straining under the tension, the dog seems to be on a 'mission', and no amount of physical restraint or complaining is going to deter it from completing this mission.

So, let's take a look at how this problem begins in the first place, and how it might be remedied.

Regardless of whether your dog has had any type of basic training or not, the beginning of the problem normally originates with the excitement and enthusiasm that it exudes when it realises that it is time for 'walkies'.

Then there is the chase around the kitchen to put the lead on. Closely followed by lots of bouncing around, as the dog must leave the house NOW!

Then there is the jumping up at the front door, while you try to grab your coat and keys, and finally, there is the door cracking open, to reveal all that sexy 'outside world'.

And then, WE'RE OFF!!

If this scenario is familiar, then the dog dragging you down the road is hardly surprising is it?

So, here what I suggest...

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Firstly, all this excitement needs to be quelled. Yes, it is supposed to be an enjoyable experience for both you and the dog, but is this really fun for you? The routine of taking the dog from the house is working against you. You need to change it into a routine that is not so chaotic. And controlling the energy is the key. The dog's excitement, combined with your frustration or any other emotion you may be experiencing, is undermining the whole process. Calming everything down will make the process much more manageable, and get the walk off to a good start.

Let us rectify each stage in a methodical way.

1. At the point when the dogs realises it is time for a walk, you need to quell the excitement. Maybe you get the lead from a drawer, or from a coat hook, but at that point, if the dog starts jumping around, just drop the lead on the floor, and walk away for a few minutes, or until the dog calms down a little. Yes, the dog will be a little confused, as this is not the normal way it normally works, but he or she, will soon realise that you are not going to move on to the next part of the process until he or she is in a more stable frame of mind. When the dog calms down, you pick up the lead. If the dog starts jumping around, you drop it again, and repeat the process. When the dog is in a calm state, you move to stage two, and put the lead on the dog. If the dog starts jumping around, you drop the lead, and leave it hanging from the dog. When the dog calms down, you take the lead, and move towards the door. If the dog gets excited, just stand still and see if he/she is beginning to understand what you are demanding. If they are not, then drop the lead and start again.

*Are you seeing how this process works with each stage of the routine?*

Whether it is the lead, the movement, the door, or actually stepping outside, each stage has to be in a calm state of mind, and thoroughly executed before moving to the next stage.

2. So, you finally make it out of your front door, and the walk begins. How to walk the dog from this point is another big Top Tip, and I will attempt to explain it in the next installment. But for now, just practice, practice and more practice, what I have just explained. You do not have to go for a long walk each time.

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You only need to go two minutes down the road, and then return home, because this is not about exercising the dog, or you going to the shops, this is about getting the start of the walk absolutely under control. And of course, the more you work at it, the quicker the dog (and you) will get better at it.

NOTE. Two things that I would like you to understand.

1. Don't worry about disappointing your dog because it didn't get an hour running around the countryside. This is about the dog controlling its enthusiasm during a routine, (just the same as you might want a child to calm down and listen, if you were teaching it to cross the road safely). There is plenty of opportunity for your dog to release all that pent up energy when it gets to the park.
2. And also, try not to make situation worse by exciting the dog with lots of "walkies, walkies, walkies". If you are creating excitement by using a high pitched voice that the dog associates with excitement, then you are not helping yourself. Just stay calm (and very patient, in the early attempts), and persevere with each part of the process in the methodical way I suggest.

*Remember, the dog has a 'burning' desire to rush out the door. The best way to quench this 'fire', is with you remaining like water... calm water.*

*If you start jumping around like the dog, then the fire has spread!!*

Good luck with your new kind of walk experience, and please watch out for your next Top tip, where you can finally master the walk.

*Take care... Glen*

*PS.. Don't forget to check out my dog psychology courses at my website, and my facebook page using the icons below. And PLEASE tell all your friends about my 10 TOP TIPS - Thankyou.*

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