

Here is your Top Tip number
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Top Tip #2

Mastering the walk.

Hello again. Today I am following on from yesterday's advice on preparing to take your dog out for a walk, and more importantly, how to get the routine under control, so that you increase your chances of having a pleasant walk with your dog by your side. Even

if you started straight away, you will probably need to practice a little more before you can move on to this next stage, so please stick with yesterday's top tip, and get the process absolutely correct, before worrying about the walk.

So, assuming you have now come back to this tip after mastering the preparation process, let's now move onto the actual part where you begin to see the results of all your effort.

Regards... Glen Stanford.

The UK Dog Whisperer.

I left you last time with the process of getting the dog (and yourself) in the correct frame of mind before leaving the house to take your dog for a walk. I didn't mention yesterday that most dogs cannot contain their excitement when you first crack the front door open, and sometimes this is the major stumbling block in the process, but if you have understood the philosophy of how to calm the dog down, then you can probably guess what I am about to suggest. Quite simply, break this whole 'door opening' sequence down into its own step by step process. If you touch the door and the dog gets excited, stop, move back from the door half a step, (of course, the dog moves with you), wait for the dog to calm, and do it again. As you open the door wider, and this is another point of expectation and excitement, close the door, step back, and start again. Remember, you are not burning any physical or mental energy if you are prepared to tackle this task as the challenge it is, but the dog is burning energy by reacting to every trigger. It is a patience game that you certainly will win, if you are calm and persistent.

Anyway, I digressed a little. Back to today's assignment...

Today, I will assume you have got all that excitement under control, and now you are standing on the doorstep, about to take your first step towards a walk with your dog that is most certainly more pleasurable than usual.

It is exactly the same philosophy as yesterday's process, but it is tricky for me to explain everything you need to do, need to be, need to change, when I cannot be there with you to give you 'hands on' practical advice. But let's explore the theory anyway. Another 'trigger' for the dog will be when you take your first step forward. As soon as you move, the dog may treat this like a 'starters pistol' in a 100 metre race. BANG... THEY'RE OFF!!

So, of course, you will know by now that it is pointless carrying on with the walk, and struggling to take control, until this first initial movement has been controlled. So, assuming this is a problem, you need to bring the dog back into position, wait for a little calm, give the tiniest of taps on the lead so the dog knows you want its attention, and then step. Take one step only, and stabilise the situation which means you are both in the desired position, and the dogs' mind is calm and receptive, and then do it again. I will repeat something I said earlier. You need to be calm but minimally assertive, while the dog burns energy learning self-control. Once this 'one step' has been mastered, you can try 2 steps, then 3.

Now please remember, DON'T try this if you are late for an appointment. This is important practice for the dogs understanding, and for your reward of being able to walk your dog in a controlled manner. It is a part of your day that you set aside for practice, not for a walk. I promise you, that will come in the end.

A couple of suggestions for you.

1. Maybe try this 'one step' training in your back garden. There will not be the high anticipation from the dog, and you can both practice with less excitement.
 2. If you have a 'high energy' dog that can bounce for hours without tiring,
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then try taking the dog for plenty of exercise before commencing the training. It doesn't matter if you have your typical uncontrolled walk to the park, because this is merely preparation for the training. Once the dog has drained some energy, bring it home, give it a drink, wait 10 minutes then begin the whole routine from step 1 of yesterday's advice.

Something people fail to remember is, even a high energy dog will tire if it has a mental challenge to overcome. But it does result in a healthy state of mind, and of course your day is a lot easier if you don't have to have the same chaotic experience every time you get the dog lead out.

Like I mentioned earlier, I could no doubt help you a lot quicker in person, than attempt to guide you via email, and maybe I can get a video made with all the basic instruction (when I do, I will let you know) but just the same, I am here if you need me. I have associates that have learned from me on my dog psychology courses, and now they earn a living, helping dog owners with all manner of problems. If you want help from me or one of my dog behaviourists, or maybe you would even like to become one of them, simply click on the green icon, and get in touch with me through my website.

So, good luck with your practice, and I hope you are looking forward to tomorrow's Top Tip.

"Go on, put in a little effort, and finally make a big difference".

Best Wishes... Glen



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