

# Leadership

## Purpose of these exercises:

- Gain more control of the pet
- Increase the pet's dependability in responding to commands
- Provide structure and consistency in the interaction between the pet and family members
- Reduce impulsive behavior

You will want to keep these rules in place until you have good control of the pet and it dependably listens and response to commands. In most cases, this will be at least four to six weeks before going back to your usual interaction with the pet. Consistency is very important. The whole family must participate and follow the recommendations in the same way.



## 1. Nothing in life is free

Ask the pet to respond to a command, such as "Sit," prior to getting anything it wants or needs. (Before putting food down, giving treats/toys, beginning play, petting, allowing on furniture, picking up, etc.)

## 2. Don't tell me what to do

- a. Do not allow the pet to successfully solicit attention from you.
- b. Any nudge, whine, bark, push, lean, etc. for attention must be ignored. Pull your hands in, lean away from the pet and look away from it. Get up and walk away if the pet is exceptionally pushy and difficult to ignore.
- c. Do not scold, say anything or push the pet away from you.
- d. Once the pet stops soliciting for 10 seconds, you can ask it to sit or sit/stay and give it some attention.
- e. Another strategy is to take control by asking the pet to sit as it walks up to you, but before it attempts to be pushy for attention.

## 3. Don't move without permission

- a. Anytime you begin to move from one area of the home to another, ask the pet to sit/stay and wait for a release command to follow you.
- b. Also request a sit/stay prior to going up and down stairs, as well as in and out of the home.
- c. You only need for the pet to stay for one to two seconds, and you do not need to walk away from the pet during the stay to do this properly.
- d. It is not necessary to be as rigid about this rule as the previous two. It is understandable that it may be difficult or impractical to have the pet sit/stay every time you move.