



Step 4 - Resources

Treat / Re-Treat Game

This is a wonderful game that gives your dog or puppy direction and keep calm when guests come in without a lot of talking or gesturing. It takes practice and consistency, so be sure to plan this procedure for the next five people who come to visit. The work will pay off!

Here is a video of how quickly it can work: https://www.youtube.com/watch?v=vx_AC7Nj12Y

Sometimes a toy will suffice instead of food. If toys are more enticing to your dog, have a basket of toys at the front door and throw the toy instead of the food. Some dogs will learn to pick up a toy to bring to people through this method.

Procedure:

1. First, you need to assure that your dog is focused before opening the door. When there is a knock, go to the door with your dog or puppy and throw a couple of tasty treats or a toy away from the door. Wait for your dog to come back to you and repeat one to two times. The goal here is to have your dog focused on you before you open the door.
2. Before you open the door, throw another two or three treats or a toy away from the door and then open it.
3. Give your guest a few treats or a toy in their hand when they enter.
4. Have your guest toss the high value treats or toy **past** the dog. The dog will move away from your guest (a reward in itself) and then look forward to return to your guest (lessening anxiety) and will wait at a distance for another treat to be thrown.
5. While the dog is away from your guest and getting the treat/toy, your guest can move forward in your home, continuing the treat and retreat or throw another toy.
6. If your dog displays any sort of body language that she is not comfortable (jumping up, acting silly, stiffening), have your guest take a step or two back, stand still and treat/retreat.
7. Once your guest has settled into your home, if your dog continues to be excited, do a couple more treat & retreats while your guest is sitting down.
8. Once your dog is calm again, give your dog something to do such as a frozen kong, a snuffle mat, a lick mat or a treat ball to get rid of the extra excitement.
9. Repeat this procedure with every single guest.
10. Once you see that your dog is anticipating the treat & retreat and is giving your guest space, then you can start to decrease the treats at the door one by one. If you are using toys, you may see that your dog automatically goes to his basket to get a toy for your guest.



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DOGGIE LANGUAGE

starring Boogie the Boston Terrier





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CALMING SIGNALS



On Talking Terms with Dogs

CALMING SIGNALS

READ OUR BOOK REVIEW ON FOURLONGLES.COM

Turid Rugaas



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Websites:

www.wholedogjournal.com

www.fearfreehappyhomes.com

www.thebark.com

Podcasts:

Drinking out of the Toilet by Hannah Barannigan

The Bitey End of the Dog by Micheal Shikashio

Spirit Dog Training Podcast: <https://spiritdogtraining.com/podcast-your-dog-the-experience-junkie/>

Books:

The Other End of the Leash by Patricia McConnell

Culture Clash by Jean Donaldson

Don't Shoot the Dog! By Karen Pryor