

Learning While Healing



KOLE'S RECOVERY PROGRAM

Note from Kole's mom, Judy:

We met Dr. Galle upon our return for staple removal. He asked me how we were doing and talked a little about the stimulation and training exercises I was using to occupy Kole during his extended crate rest. I shared a couple of examples and Dr. Galle said he would love to have something to pass out to others to help them through this challenging period with their recuperating dogs. I agreed to prepare something and with the help of my friend and graphic artist, Eva Wawrowski, here it is.

I have a lot of background in dog training for tricks and events like obedience, agility, tracking, herding, water rescue, dancing with dogs, etc., so I intuitively know how to train to get the behavior I want. This is not a training guide. You might want to go on line or to the library for a book on dog tricks if you feel you need some guidance.

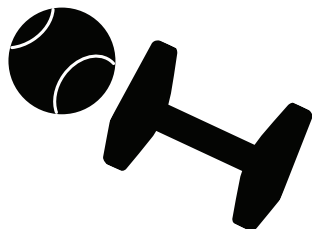
This booklet shows the tools I happened to use with Kole and the exercises we did while he was confined to his crate and then when he was confined to just one room. Use your imagination. You know what your dog likes and doesn't like. For us, Kole loves tennis balls, his Wubba water toy, the target stick and the other items you will see illustrated. Use what we have here if it works for you, substitute your dog's own toys where appropriate, and if your fiddo is food-motivated, make sure you have that delicious food handy when you do a training session. I found that two sessions per day, and sometimes only one, were sufficient to stimulate him. He would usually nap right after a session.

**For additional information, please contact Judy.
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STARTING A SESSION

I would make a big deal of going to get a container of cut-up chicken breast. I'd set it down and then go and get his bag full of "training tools." By this time, he would be eagerly waiting to see what we were going to do.



Session 1

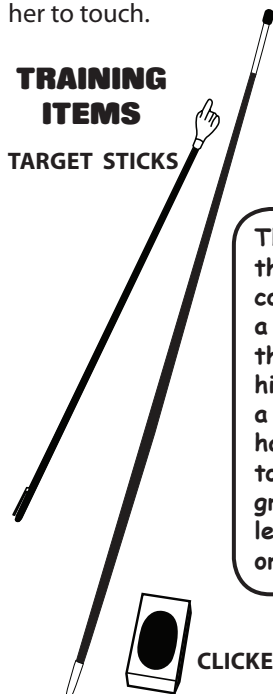
CLICKER AND TARGET STICK

The sound of the clicker paired with food tells the dog "this is what I want you to do." It tells Kole, that's right! I start out clicking and feeding him a piece of chicken. I do this a few times and then, I put the target stick near his face. What I want him to do is touch the target stick with his nose. When he does (usually by accident the first time), I click immediately and give him a treat. You don't tell him anything—just hold the stick and wait. Once you think he gets the concept, move the stick to one side and if he understands, his nose will follow, touch the stick, and you click and treat. You then move it to the other side, up, down, etc. Using this method, I taught my Abby, a golden mix, to shake her head "NO" or "YES" when I asked a question. At some point, when you know he knows to touch the stick, you can say the word "touch" and then use it when you want him to touch something else you ask him to touch.

What does this target stick help you do? Besides possibly teaching your dog to shake her head yes or no, you can teach her to go in circles by following the target stick, to do a figure 8 through your legs, to learn the concept of "touch" for anything you want her to touch.

TRAINING ITEMS

TARGET STICKS



This is Kole touching the top of a plastic container attached to a cabinet door. What is the point? It will get him all the way across a room once you have had him "touch" the top and then move him gradually back. It will lead to opening a door, or turning and sitting.

Oh boy, smell that chicken! Let's do somethin'!



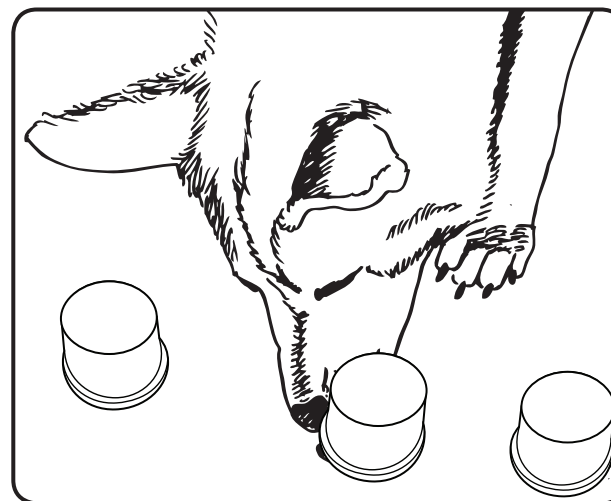
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Session 2

FIND THE FOOD

You can see from the pictures that you place the food under one of the cups and tell her to "find it." She gets the food reward and then you do it again. They can be spread farther and farther apart as she gets the idea. Later on you can hide toys, food, or whatever in a confined room and this helps occupy and tire your patient.

TRAINING ITEMS



Yummee, more food, I luv this game!

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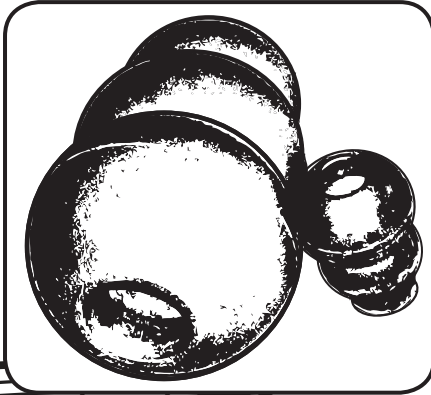
Session 3

WORK FOR THE FOOD

These toys and others like them are simply designed to occupy your dog and feed them at the same time. The kongs can have cheese or peanut butter, and the ones where the food needs to fall out will contain their dry food/kibble. If you are supervising, a bone to chew keeps them occupied and helps clean their teeth.

TRAINING ITEMS

KONG TOYS



Woof woof,
I get hungry just
laying around
in here.



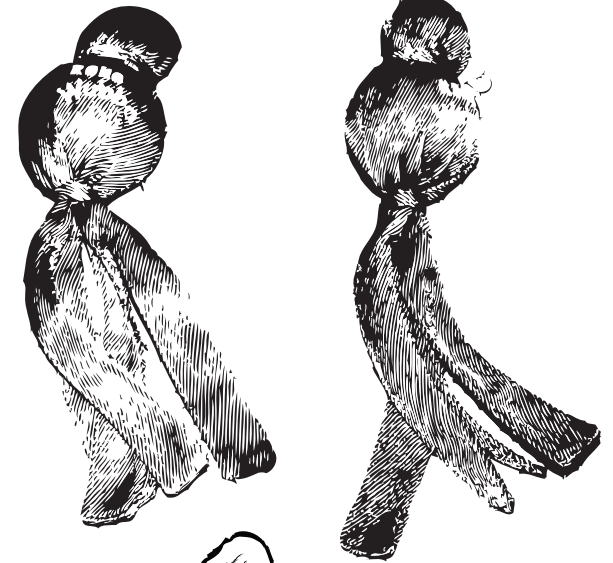
Session 4

WUBBA TIME

These Wubbas are water toys, but Kole loves them. Since dogs can see certain shading of colors like blue, I set them in front of him and teach him that I want him to either touch or give me the blue one. Then, I keep changing them around and after he is correct on the blue one so that I know he knows it, I ask him to give me the other color, or the other one. With all of these, it is also a good time to teach to "leave it" because you don't want him grabbing the toys as soon as you set them down, same goes for any of the other toys or tools.

TRAINING ITEMS

WUBBA TOYS



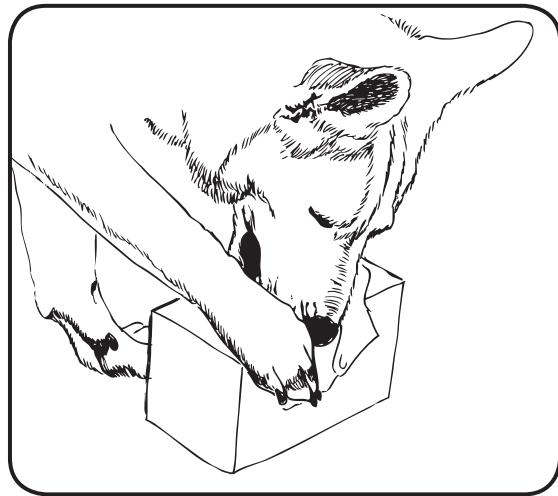
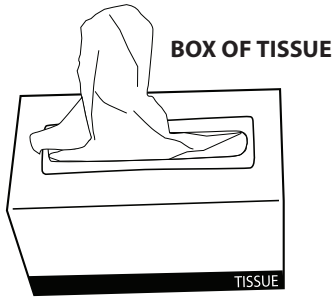
Luv my Wubbas;
I'll just squeak it
awhile before I
give it back.

Session 5

SNEEZE TRICK

Put a tissue down in front of your dog. You might have to start out by telling her to “touch” and then reward. If she already knows “take it” or “get it” or “pick it up” ask her to do that. For each step toward associating it with a sneeze, she gets a treat. You “sneeze” each time she touches it. You are working toward her grabbing the tissue (or in the case of a dog who rips up paper, a sturdier napkin or handkerchief) when you sneeze and holding it out to you. When she can be out of the crate, you teach her to pick it up, come to you, sit, and you take it and treat her. Abby, the little golden, used to sit at attention as soon as the tissue box hit the floor. I’d move away, sneeze, and she would grab a tissue run to me, sit and I’d take it. Kole grabs the whole box of tissue.

TRAINING ITEMS



Session 6

TEACHING “LEAVE IT”

Just hold some food in your hand and put it out to him, when he tries to take it, tell him “leave it.” At first, he won’t understand, so you close your hand before he can get the food. Once you know he has the concept, set the food in front of him and say leave it. Then when he has ignored it, tell him “get it” or “okay” or whatever word you choose. You will be able to put food on his paws and tell him to leave it and he will.



Session 7

SPEAK OR SING

Kole already knows “speak” which means to give single barks, so I taught him to sing (howl, talk, rumble). I found a sound accidentally on my computer that caused him to start to “talk.” It was a high-pitched kind of sound. At first, I would put that on to trigger him and then I would howl to get him going. Now, I can say “sing” and depending on his motivation and the food I have, he puts on a show.

For the speak, most dogs will bark if you hold a piece of food and don’t give it to them right away. After they understand that the “bark” gets them the food, you can open and close your hand, almost like a fast bye-bye motion, and say “speak” at the same time. Then drop the verbal and just use the hand signal. Kids love that. You also teach “quiet” when you want them to stop barking, by clicking and treating.

OTHER TRICKS, DEPENDING ON YOUR DOG

- KISS
 - WEAR A HAT
 - BYE BYE
 - HIGH FIVE
 - LAME DOG
 - RING A BELL HUNG FROM THE DOOR TO ASK TO GO OUT
(using “touch” teaches this easily)
 - PICK UP A BASKET AND TAKE IT TO SOMEONE
(or anything else) “Take it to dad.”
- Then, there are the tricks you can teach once your dog is mobile again—these are unlimited.