

These techniques can be used for either puppies or older dogs. The tips are very basic and I would also recommend that you take your puppy or dog to socialisation and training classes. There is lots of information available on the net and many interesting books.

Behaviour	Behaviour Explained	Training Tips	Other Techniques
Puppy Training		Do not reward puppies too quickly as this encourages a short attention span – something that puppies have right from the start!!	
Positive training		Puppies and dogs need training by clever manipulation of disincentives and rewards in a positive and loving, consistent manner. They do not need to be frightened, yelled at, hit or intimidated. Remember your dogs are not machines and they will be cheeky, or naughty, or would rather run after a rabbit than come back to you – but that is what makes us laugh and what we love about them!! This is time consuming but the rewards are well worth the effort!	
Crate training or having their own space		When you have a puppy he shouldn't have the run of the house to begin with. Either purchase a crate or use a stair gate across the kitchen or the utility room. Not only can this stop inappropriate chewing or fouling, it also teaches the puppy that it is safe to be on its own.	EFT/TAT Bach Flower Remedy Animal Comms Tellington Touch
		A puppy or dog needs its own space as well, especially if you have children or other animals. Crates and beds are never used for punishment and there should also be water and lots of yummy chews available in them	
Gaining your dogs attention - You need to be able to attract your dog's attention and have him focus on you – this could save his life.	Name (this is sometimes called Luring)	Put a treat to your puppy's nose and wait for a response then slowly draw the treat to yourself. When the puppy turns to look at you say his name, then praise and treat. Keep doing this so your puppy recognises his name and will respond. If you want to change your puppy's name use the same procedure and they will recognise this as their new name. We changed our norfolk's name from Herbie to Hardy so that wasn't too difficult!	EFT/TAT Animal Comms Tellington Touch
	Watch me	Have your dog/puppy on a long leash so if you puppy moves away you can keep moving in front of him and persist until you get his attention. Calmly and with an inviting manner attract your dog or puppy's attention and when he has focussed on you for about 5 seconds say "Watch Me" and then praise and treat with either a titbit or a favourite toy. Then increase the time to 20 seconds and then longer. Get into the habit of doing this every time he gets a toy, treat or meal so he realises this behaviour is highly rewarding!	EFT/TAT Animal Comms Tellington Touch
	A Noise	Decide on what noise you are going to make (wolf whistle, clicking of the tongue or	EFT/TAT

		whatever you fancy!) and make the sound to attract your puppy. Make sure he is focussed on you (see Watch Me) and then praise and reward and then increase the focus time. Then start to use the sound from another room, then upstairs or in the garden. This is to ensure that your puppy will always come to you when you make this noise	Animal Comms Tellington Touch
Toilet	Be Clean	A puppy needs to be taken outside every hour and to a particular part of the garden – you also need to learn how to anticipate when they want to go. Also on rising, before bed, after eating and drinking or playing. Take them to a particular place in the garden so they learn that this is the place to go. Stand with them (do not leave them on their own) and when they perform praise them and reward them. When they are used to the praise add the phrase “Be Clean” (or equivalent) so they learn that this phrase means “go to the toilet” and can be used be travelling or bedtime.	Have a dog flap! EFT/TAT Tellington Touch Animals Comms
		Never punish for accidents indoors and it may take 12 to 14 weeks to fully house train a dog so you need to be patient – it took us 3 months to train our Norfolk who was 10 months when we got her – this is because she had been kept in a shed. We were despairing but suddenly the penny dropped and she has been perfectly clean ever since	
Sitting	Sit	Hold the treat just above your puppy’s nose and move it backwards over his head. As he goes to take it he will automatically sit down. Wait for him to sit for 5 secs (build this up), say sit and wait, then give him the treat and praise him. It took us 3 months to teach our rescued Norfolk to sit so don’t give up hope!	EFT/TAT Animal Comms Tellington Touch
Lying Down	Down	Do not attempt to do this until your dog has perfected sitting. Get your dog to sit and then move the treat in front of his nose down to the ground and then along the ground so the dog has to move down to retrieve the treat. Say down, give the treat and praise like mad!	EFT/TAT Bach Flower Remedy Animal Comms Tellington Touch
		Don’t expect your dog to go fully down the first few times – but still give them the treat and then praise and next time ensure they go down a bit further. When they lie on the floor really praise them	
		We couldn’t get our Norfolk to do this so if you have problems with this use this technique. Sit on the floor with your knees bent and put the treat the other side to the dog. The idea is that the dog has to go through your legs and will then automatically lie down to get the treat. Say down, give the treat and praise like mad!	
Stand	Stand	To get your dog to stand on command, wait until he is standing and give the command “Stand”, wait and then praise him and give him his treat! Give him the command every time you see him get up and stand – wait until he has stood for about 30 seconds before praising and treating	EFT/TAT Bach Flower Remedy Animal Comms Tellington Touch
Settle Down	Settle	When your dog has perfected down, it is time to teach him settle down. Either	EFT/TAT

		introduce a mat or wait until he is lying on his bed and use the command “settle”. Move the mat or the bed around the house and use the command. This means “settle” can be used before bed or when you go out or when you want so private time	Bach Flower Remedy Animal Comms Tellington Touch
Jumping up or trying to get your attention	Get down/Off	This is the only time you withdraw yourself from the situation. Firstly if your puppy jumps up turn around and ignore him until he is quiet and then ask him to sit, then praise and reward. If it continues, walk out of the room and close the door – only returning when he is quiet. If he does it again, go outside again. You could use a command like “Get down” or a noise. When you have perfected this with yourself, enlist your friends both in the house and out of the house so that your dog does not jump up. If it is a puppy on a lead don’t drag the puppy away from the person, do a sit and praise and rewards. If you drag this may make your puppy frightened of people.	EFT/TAT Bach Flower Remedy Animal Comms Tellington Touch
Time out	Time out	When Sarah Fisher (of Tellington Touch fame) wanted some time out from her new rescue dog that always wanted her attention, she put a piece of tape across the floor from her desk. She then clicker trained her dog – but you could use a command such as “Time Out” – not to cross the line. His bed and toys were on the other side of the line. When she was ready she would then praise and treat him for staying his side of the line	EFT/TAT Bach Flower Remedy Animal Comms Tellington Touch
Heel	Heel/Close	You want to be able to ask your puppy to walk or sit closely to you. When your puppy is walking on the lead next to you, add “heel” or “close” and then praise and reward. Then start with your dog off the lead and a little way off and give the command and when they come close to you say “heel” and then practise from further away	EFT/TAT Bach Flower Remedy Animal Comms Tellington Touch
Stealing	Give/Leave	When your puppy picks up something in his mouth offer a tasty treat in return. As he lets go to eat the treat say “Give” or “Leave”. Then return the item and praise him well. So if your puppy steals something he will return it on command.	EFT/TAT Animal Comms Tellington Touch
Chewing	No/Uh-huh	If your puppy starts destroying things or chewing you need to immediately correct with a loud firm noise like Uh-huh or No (no punishment and the noise must not be frightening – just firm). Then place him in his bed or crate with something to chew. As he starts to chew this praise him well. Always make sure he has chews and if teething, toys specifically designed to alleviate teething problems	EFT/TAT Animal Comms Tellington Touch
Whining	No/Uh-huh	Puppies can start whining (like a toddler) if they don’t get their own way and it is easy to reinforce this behaviour by giving them attention or what they want. As long as they are not in any distress you need to control this behaviour.	EFT/TAT Animal Comms Tellington Touch
		So gain eye contact and use a firm No or Uh-huh and when he stops immediately praise him and say “Good quiet puppy”. If he persists ignore him until he is quiet again and then praise him. Constantly make a fuss and praise your puppy when he is quiet and settled	EFT/TAT Bach Flower Remedy Animal Comms Tellington Touch
Lead training –	Noise correction	Always use a harness and a loose lead when starting lead training. When your puppy	EFT/TAT

this can be tedious but well worth the effort!		starts to pull use the firm No or Uh-huh correction sound and stop dead. Call your puppy back to you and sit. Start again and repeat when your puppy pulls	Bach Flower Remedy Animal Comms Tellington Touch
		When your puppy is walking next to you keep the lead loose and always praise him and offer him treats. Walk your puppy to the left and the right of you – dogs usually favour one side but it is good that they are trained to walk on both sides	
	2 steps forward then turn	Another way is to take two steps and then turn round and walk two steps the other way. Turn and then repeat. The puppy soon gets the hang of this!	
	Walk the other way	Another way is when your puppy pulls is to turn round and start walking away from them – once again they get the message very quickly!	
Stay - Stay means stay where you are until I release you	Stay and hand signal	With the puppy in front of you with him either sitting or lying down put your hand in front of him with the palm facing him upwards and say “Stay”. I also use this when the dogs are getting out of the car when I am opening the boot. Stay there for 5 seconds and then increase the time as this exercise is repeated.	EFT/TAT Animal Comms Tellington Touch
Release	“Go” or “off”	When you want to release your dog from the Stay command use a word such as “Go” or “off”. You can also remove your hands as a signal that they are released	EFT/TAT Animal Comms Tellington Touch
Recall	Come	Every time you offer a game, a toy or a treat say “Come” in a very excited manner so your puppy is pleased to obliged!	EFT/TAT Animal Comms Tellington Touch
		When you first go out keep your puppy on a long line and use the command “Come” and praise and treat for returning. If your puppy doesn’t come back to you, reel him in in an excited manner saying “Come” and when he is back with you praise and treat	
		If your puppy is not good with recall use high quality treats such as liver or a favourite toy	
		Make this training fun by running off so the puppy has to run after you to get his treats!	
		You can make recall really fun by putting out your arms and excitedly waving them whilst say “Come” in a loud excited way!	
Travel		Puppies should travel below window level to stop them being car sick	EFT, homeopathy
		They may whine as they are nervous so it is best to ignore this so it doesn’t become habit	
Fear		Your puppy will tell you that he is fearful by his calming signals – he might even show some aggression but fear aggression is normally quite easy to see as the tail and back end will also be down and the ears drawn back. You must find out what your dog is	EFT/TAT Animal Comms Tellington Touch

		fearful of and treat accordingly. This is where Animal Communication and Eft/TAT really come into their own. Doing Tellington Touch movements all over your puppy will also help him to become less fearful	Homeopathy Bach Flower Remedy
Aggression		Your dog will show you when he is aggressive by his calming signals which will usually be teeth bared, ears back and he may look like he is going to attack and he may do. You must identify why this happening and treat like Fear with the techniques. Dogs that are aggressive can be fearful but something might have happened to provoke them.	EFT/TAT Animal Comms Tellington Touch Homeopathy Bach Flower Remedy
Food		It is a good idea only to put half your puppy's food out and while they are looking put the other half in another bowl, take the first bowl away and then replace with the second. This will train the dog to realise that there might be more food to come and not to be worried if his food bowl is taken away!!	
Barking	Barking is a dog's way of communicating with you and other dogs. There are six types of barking which you need to identify	Keep a barking record to monitor barking and log when, where and how long it happens for	Barking should never be punished – no barking collars or squirting water in their face
Excited barking	Sounds slightly hysterical and is more or less constant. Do not punish as if somebody punished you every time you were excited you wouldn't like that!	Keep calm yourself and don't shout or raise your voice (or be impatient which is difficult to hid!)	EFT/TAT Bach Flower Remedy Animal Communication Tellington Touch
		Teach him a hand signal so he calms down, say sit and wait for the barking too stop. When he is quiet then reward the good behaviour – be careful not to reward him for barking though!	
		If he is excited in the car take him for lots of short boring journeys so he doesn't always know when he is going to have a good time!	
		Offer your dog something to carry in his mouth as this can calm him down	
		If he is excited when the door bell rings, say sit and wait at least 3 seconds before answering the door. Put yourself between the dog and the door so you are taking responsibility. Open the door a few inches stopping every time the dog barks and stand until he is quiet then open some more. Ask the guest to walk past the dog and wait until he is calmer until he is praised. Just be calm and no fuss	
		Say hello quietly when you get home from work and let the dog have time to calm down	
		When he is barking you can teach the command "speak" and then when he is quiet you teach the command "quiet" – so if he is barking you can give the command	

		“quiet” and then reward for good behaviour	
	Due to chronic stress Excessive throwing of balls, sticks and stones, playing with other dogs and owners or too many demands placed on the dog to perform/behave.	You need to find out what is causing the stress – look at both yours and your dogs behaviour	EFT/TAT Bach Flower Remedy Animal Communication Tellington Touch
Warning Bark	One short, sharp “woof” meaning get away the enemy is coming	Your dog thinks it is his job to warn the family of impending danger so you need to show your dog that protection is your job. Stand between the threat and your dog with your back towards the dog. Stand with your arms down by your side with your hands slightly out, palms facing the dog and stand still. Later on you can just use the hand signal when he is used to this	EFT/TAT Bach Flower Remedy Animal Communication Tellington Touch
Fear Bark	This is high pitched and come in long series of barks and you will hear the fear. The dog will be active and full of adrenaline and he could be pacing or trying to get out of the room	You need to look at what is making your dog fearful and then act on it. If you leave your dog outside or tie him up you will most probably make him fearful. He could also be fearful of being left alone and have separation anxiety. He could be fearful of loud noises, other dogs or people.	EFT TAT Bach Flower Remedy Animal Communication Tellington Touch
		You must teach your puppy that it is fine to be home alone and even alone when you are in the house. So when you first leave it would be for 5 minutes in another room and then build up the time. Then you leave the house and build up the time. When you are in the house they should have an area where they are safe and can be along – perhaps a crate or the utility room – and they will have something nice to chew to keep them occupied! Please think twice before leaving your dog outside or tied up.	
		If a dog is fearful do not pull him or try and coax him towards the thing he is fearful of. Have him on a loose leash and let him decide what to do – curiosity may take over but don’t make him more afraid	
		Put yourself between what is scaring your dog and your dog, acting as a barrier.	
		Avoid confrontation by curving away from the problem or changing directions	
		Then practice with the help of friends, their dogs and other articles to gradually coax the dog to lose the fear. This can be having a friend stand 20 yards away, then 10 yards away and watch your dogs reactions. Over time the friend will be able to stand by you. The same with a dog or another article, but with the dog make sure that you are using “curving” and not walking straight at each other because dogs can find this threatening	
		When behaviour is learned remember to reward and praise your dog – remembering not to reward so he thinks he is being rewarded for fear	

		If you hear loud noises don't react and don't take any notice if your dog reacts – it is normal to react to a loud bang. You can use special CDs to acclimatise your dog to the sound of fireworks etc	
Guard barking	Will be a mixture of grrrr – bark, bark – grrrr – it will generally shorted and deeper than fear barking. However if the dog is afraid it can sound more high pitched. The dog will lunge towards the object that he is defending himself against so he may also show his teeth, snap and growl.	Avoid getting your dog into these situations. You may have to change your own behaviour and/or to protect your dog from the things that he reacts badly to	EFT/TAT Bach Flower Remedy Animal Communication Tellington Touch
		A dog will give off lots of calming signals (see calming signals) and you should not let it get past the showing the teeth stage. If your dog bites it will be your fault!	
		Similar to before go in between what your dog is reacting to and your dog	
		Walk the dog in a curving pattern past people or dogs which is safer. A dog will always politely adopt a curving approach – sometimes a slight change of direction will help	
		Parallel walking – whatever is your dogs problem (other dogs, children, men) should walk parallel to you but perhaps 30 metres away. Walk in a relaxed fashion. Then get closer and closer	
		Walking in a curve – Make sure you curve round these obstacles and not straight at them	
		Counter conditioning – place your dog away from the problem and if he is calm praise and reward him.	
Frustration barking	The sound will be endless rows of static barking. It will be same tone over and over again, sometimes ending in a howl	Dogs are normally frustrated when they are not allowed to do things and this barking (like a lot of repetitive activities) releases feel good hormones. So keeping your dog tied up or away from you will cause frustration	EFT/TAT Bach Flower Remedy Animal Communication Tellington Touch
		Remove the dog from the frustration and allow him to come into your family	
		Give him something to do – hide some treats in the garden, fill a klong with tasty treats and make them difficult to get out so it is more fun or take them for a walk	
Learned barking	The dog barks, takes a break and looks around to see who is looking! If there is no attention he will start barking again!	For a month make sure your dog does not have chance to learn this behaviour. This may mean that you do not talk to somebody in the street or leave the dog in the garden. Then you need to identify what you have done for your dog to learn this behaviour	EFT/TAT Bach Flower Remedy Animal Communication

			Tellington Touch
		Teach your dog the hand signal of handing your palm towards the dog as the stop barking signal and then turn away from your dog – say nothing. Use this hand signal if you want to leave your dog in the car or the house on its own for a while – your dog normally picks this up very quickly	
		Remember if you shout at your dog when he is barking he gets the attention he wants so he will do it again!	
Puppy barking at people	No/Uh-huh	When a puppy barks at people or other dogs when he is out interrupt the yapping with a firm No or Uh huh and stand in front of your puppy and say “Watch me” while others pass by. Each time he complies praise and reward him with treats	EFT/TAT Bach Flower Remedy Animal Communication Tellington Touch
Puppy barking in the car	No/Uh-huh	When a puppy whines or yaps in a car from excitement it is best to stop the car and only restart when he is quiet. Also use No or Uh huh so he understands why you are stopping the car. Remember to go on lots of short, boring trips so he doesn’t always think he is going out for a walk!	EFT/TAT Bach Flower Remedy Animal Communication Tellington Touch