

Winston's Lesson Plan

Session 1 with Hailey A. | August 7th, 2024

WHAT WE COVERED:

- Marker Signal: I introduced Winston to a Marker Signal, a unique sound he'll learn means he's done something right and will get a reward.
- Name Recognition: We practiced responding to his name the first time it's called. It's important to use his name before giving any command to make sure he's paying attention.
- "Say Please": We taught Winston to sit when he wants something, reinforcing calm behavior as a way to ask for things.
- "Touch" Command: This command is great for redirecting Winston's attention back to you when he gets too excited or distracted. We practiced this after playing to help him refocus.
- Pattern Game - 123: This game helps calm Winston. When you count to three, he knows a treat is coming, making it a simple way to bring him back to a calm state.

YOUR HOMEWORK:

This week, focus on practicing inside your home. Dogs don't generalize like we do, so Winston needs to learn that the skills we worked on apply at home too. Here's what to do:

- "Say Please": Have Winston sit for everything—getting a pet, toys, putting on his leash. The goal is to teach him that sitting calmly is how he gets what he wants.
- "Touch" Command: Start with calling his name and holding out your hand, then work up to using the "Touch" command. Once he gets good, practice recalling him away from people using this command.
- 123 Game: Teach Winston that counting to 3 means a treat no matter where you are. Eventually, he'll come running when you start counting!
- Guests: Keep Winston on a leash around guests to help manage his excitement. If he gets overstimulated, bring him away from the guest until he calms down.
- Remember, short sessions (5-10 minutes) a few times a day are best to keep him focused and learning.