

# TIPS FOR TRAINING

## Hyperactivity

Little Susie in a constant state of arousal? Panting, jumping and mouthing, destructive and unable to focus? If so, more exercise may not be the issue. No amount of exercise tires a hyperactive dog, it only arouses them more. These dogs don't need more they need less. Many times, their needs are not being met and have no idea on how to calm themselves. They only know how to engage, and struggle when it comes to doing anything on their own without our help.

Frequently I receive calls for this very issue. Often, these dogs are described as hyper and out of control, constantly on the move pacing and vying for attention. Many dogs suffer from this condition due to lack of structure and direction, or simply not knowing what to do with themselves.

Hyperactive dogs do not have the ability to calm down on their own. They need intervention and environmental changes to be able to learn new constructive behaviors. Intervention starts with inviting the dog to become an active part of the training process. Instead of blasting out commands that get ignored you will engage Susie's brain by stepping back and allowing her to think and figure out what is going to work. You will observe and reward behavior that you would like repeated. It won't take long for Susie to figure out that she can make rewards happen, very empowering and exactly what she needs.

You must fight any urges to micro manage. Be patient, this will be a new concept for you as well as your dog. This is not about controlling this is about engaging Susie's brain to where she will have to think and discover she has the power to control the environment around her through her behavior. A concept that works well for all dogs and a must for a hyperactive dog. A concept which requires good observational skills from you. Observational skills for effective communication with your dog. In turn, your dog learns that specific behaviors will gain something worthwhile. You as trainer get to decide what behaviors are worthwhile and Susie learns to repeat those behaviors. This practice will teach Susie independence from you, confidence, and most importantly to finally put your dog's hyperactivity to bed.

Begin by rewarding Susie for demonstrating calm behavior while you ignore all attempts to engage you. She knows very little on her own at this stage, she is dependent on you. Reward what you like with a treat or toy, avoid tactile as a reward for now. Examples of rewardable behavior include, sitting, lying down, grabbing a toy, chewing a bone, or anything else that demonstrates independent behavior. Resist all urges to tell Susie what you want, the idea is for her to use her brain and discover for herself. Catch her in the act of doing what you like and reward it. The more you can reward what you like the more likely she will repeat. Incorporate this training into your daily tasks, it's not about doing obedience exercises, it's about while you are engaged in activities and multi tasking. While watching TV, sitting at the computer, talking on the phone, preparing food in the kitchen, .