

## NOTHING IN LIFE IS FREE - 1:

Now's the time to firmly and consistently establish that YOU, and YOU ALONE are the alpha in the pack. There are a number of ways to establish this in Your dog's mind, but here are just a few:

1) "NILIF".....Translated means, "Nothing In Life Is Free". Your dog must WORK for everything he gets from this day forward. Food, Pets, Going Outside, Treats, Playtime, Toys, Going For A Walk .... EVERYTHING. He should "Sit" before any of the above. "Sit/Stay" is even better. This cannot be a "I'll make him do it this time, but next time, I'll let him get away without working" kind of thing. Consistency is crucial. Every time for everything. Quietly and firmly from you. Say it ONCE and that's all. No..."Sit, Sit Your dog...SIT SIT SIT SIT".....Just, "SIT". If he doesn't do it, turn away from him and ignore him entirely.

2) FIRST IN AND OUT EVERY DOOR....I know it sounds goofy to us, but to a dog, whomever goes in and out the door first is ALPHA. You're alpha. Hence, you get the privilege of being first in and first out. Make him "SIT" (see #1 above) first. Then, once he's sitting calmly....YOU go out the door first, and then give him the "OK" release to follow you. Also, YOU go in the door first, simply reversing the above instructions. Every time. Without exception. Also, no in or out until he sits quietly.

3) HE MOVES, YOU DO NOT....What that means is in alpha-ranking, the alpha dog gets to sit where he wants, gets to "bump" the other lower-ranking dogs with his or her body (which is, by the way, a VERY dominant gesture in dogdom!) and enforces, the "\*I\* am entitled to THAT EXACT SPOT to sit, lie down or walk upon!" concept. If he's lying on the floor, make it a practice to MOVE him with the side of your foot by pressing against him until he's forced to move over for you. Same with the furniture (more in #4 about that!)....move HIM over...don't you move to accommodate him.

4) OFF THE FURNITURE UNTIL INVITED UP BY YOU.....No exceptions. Ever. Go thru #1 (NILIF), then, when he's "worked" for the privilege of being on the furniture (or on your lap), it's ONLY if and when YOU invite him up. And for awhile, don't allow it at all. You've got to establish that it's YOUR house, EVERYTHING in it is YOURS, including him, his food, his treats, his toys, his bed, his crate, everything.

5) NO TUG-OF-WAR GAMES. If you've been playing tug-of-war with him, please stop it and don't do it again.

6) THESE TOYS ARE MINE...NOT YOURS. All toys UP and away from him. YOU decide if and when you'll give him a toy (after he's done the "NILIF" thingy) then, when you're

done playing with him, take it up and put it away. Play time is a GREAT reward for good behavior. Whenever he does something good, PLAY with him.

That'll get you started. I know it sounds harsh....but it really isn't. Do EVERYTHING with a firm, consistent approach. And PRAISE PRAISE PRAISE for any good behavior!!!! Believe me, praising for desired behavior is far more effective than is ANY punishment or scolding for bad behavior. Cairns LOVE praise. And, of course, they LOVE treats even more.

One last "secret"....Cairns DETEST being ignored. They cannot ABIDE being ignored. If he's being "rude" by demanding attention, pets, etc.,....simply turn your back on him and ignore him entirely. If he runs around to the front, continue to turn your back on him. Do not look at him nor acknowledge his existence. It'll drive him daffy. :-) It's also the way, in desperation, to get them to come to you in an emergency. TURN AND RUN AWAY FROM HIM

NOTHING IN LIFE IS FREE - 2:

Non Confrontational Dominance Program (or no free lunch)

Starting immediately, your dog must earn everything it wants until you are seen as the ultimate alpha. If this ever slips, you might have to do this again. To earn anything the dog should be quietly sitting and staying for at least 10 seconds – and for some things, like dinner, up to a minute or more if needed.

This includes sitting for the following:

- Food and feeding
- Treats
- Love
- Grooming
- Being able to go outside and come back inside
- Having feet towed off
- Being invited onto the bed or couch (if owner desires)
- Playing games
- Playing with toys
- Having a wound checked
- Being petted or loved
- Attention
- And anything else the dog wants

All animals have rules. Dogs are no different. People can't speed through Stop signs just like dogs that can't bolt out the front door and run down the street. In this program, all the dog must do is place its rear on the ground and defer to its owner. This is a simple yet extremely powerful behavior. This protocol was specifically made for both dog and owner. It will not take away a dog's love of life, personality or spunk.

1) Avoid confrontation. If your dog is aggressive, this is paramount for the success of the program. If the dog is continually placed in situations in which it feels the need to defend itself, aggression simply becomes a learned behavior. Example: If your dog attempts to guard a rawhide chew and you back away and say, "Oh well, just finish it then." What has the dog learned? It's learned that aggression works. If it wants you to go away, all it has to do is growl.---If the dog aggresses guarding a chewy, simply remove them from its diet altogether.

2) Have specific feeding times. If the dog has food in its bowl all the time, why does it need you? The dog should not be free fed(unless there is a medical problem present). You must be the one to offer food (the bowl coming from your hand) when and only when the dog sits. Example: If you ask for a sit and the dog doesn't comply, give the dog a "no-reward mark". Now you can simply walk away. The dog must wait till the next feeding time for another chance. (A no-reward mark is not a command. It is a word that lets the dog know that the human is going to leave the general area. For my no reward mark I use, "Too bad!" as this is easy for me to remember.)

3) Ignore controlling behavior. Example: when your dog comes up to you while your are sitting on the couch and nudges your arm for attention, ignore it. When the dog stops this behavior, call it over to you and ask for a sit. When the dog does, you can pet it. You have just controlled the situation, not the dog.

4) Praise needs to be earned. Over praising a dog makes the praise uneventful. It is not appreciated. If you control and ration all praise and Attention, your dog views you as more authoritative. Example: If your dog knows how to sit on command, only praise when it gives you an exceptionally fast sit or a perfectly timed square sit, etc.

5) Toys are a privilege that must be earned. The dog has access to only one toy at a time. You control the use of toys and the time spent playing with them. Example: If your dog has a toy and is insisting that you play, (and you don't want to ) give your no-reward mark and leave the yard or room and return in a few minutes. Now call the dog to you and ask for a sit. The dog is only allowed to play with you when you ask for it. Give a command for this such as, "Let's play!" This makes things easier for the dog to understand. When you want to end the game give another command such as "That's

all!" This will give your dog guidelines to follow. If your dog persists with play After you have requested the game to end, again give the no-reward mark and Leave the area and do not interact with the dog for a few minutes.

6) No high places. The dog should not be allowed onto the couch or bed without you asking. High places are a way dominant dogs use to gain control. Dogs feel more authoritative when on a higher level.

7) Do not cater to any demanding behavior. If your dog is barking in your face for attention, give the no-reward mark and walk away. After a few minutes of silence from the dog, ask it to come over to you and sit. Then you can give attention.

8) Watch for subtle, pushy, defiant behavior. Expect mistakes on your part and your dogs. No one is perfect.

9) Freedom is to be earned. Example: If your dog refuses to sit for being let out, the dog will not be able to run loose in the yard. The dog will have to be taken out on a leash to relieve itself.

10) Praise your dog! Remember, fair is fair and your dog can have as much love and attention as it EARNNS. This way of interacting with your dog isn't cruel nor is it too much for you to ask. This is simply a "hands off" approach to training. I don't believe in bullying a dog into submission. I try to allow the dog to learn without my interfering. We cannot force another living being to learn. Wean only provide a safe environment for learning. Hopefully, we can instill want for knowledge. When the dog "learns how to learn" and enjoys himself, we've done our job.

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