AUTHOR OF UK'S NO.1 DOG BOOK



STEVE MANN

Easy Peasy AWESOME PAWSOME DOG TRAINING FOR KIDS

FREE EXTRACT

WELCOME TO THIS FREE SAMPLE OF *EASY PEASY AWESOME PAWSOME.*

MY NAME'S STEVE MANN AND I'M GOING TO BE YOUR PERSONAL DOG TRAINER.

INSIDE THIS SAMPLE I'M GOING TO TEACH YOU A COUPLE OF BASIC AND FUN TECHNIQUES TO WORK ON WITH YOUR DOG. SO, JOIN ME, BRING YOUR DOG, AND LET'S HAVE SOME AWESOME PAWSOME FUN!

WOOF!

Steve Mann

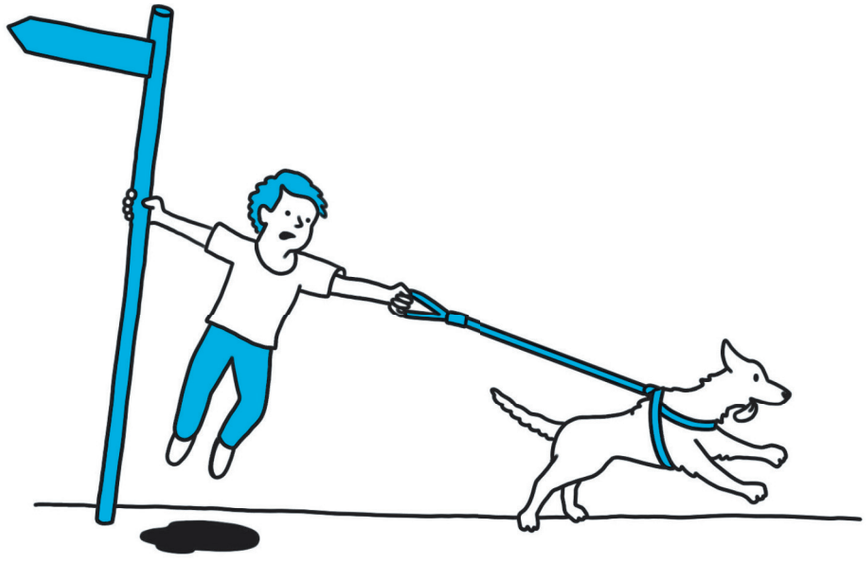
SIT

Ever wondered why teaching your dog to Sit is so important?

Well, it makes many, many other things soooooo much easier, such as popping the lead onto your wiggly and excited dog before a walk, teaching them not to jump up onto people to say hi, or for safety reasons at the park or roadside.

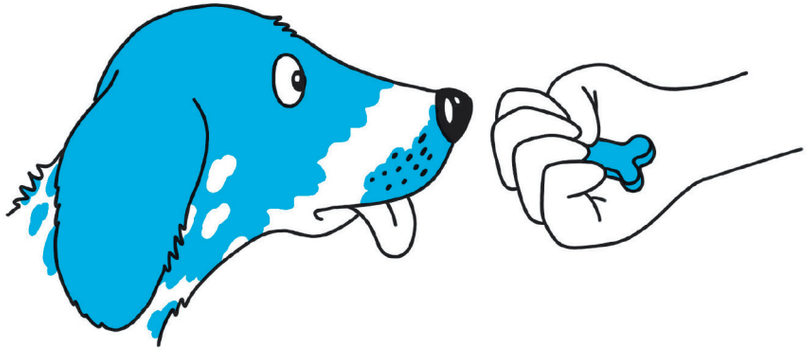


And it's so much nicer to ask your dog to Sit, rather than grabbing onto a nearby lamp post the second they see another dog on the other side of the road!



OK, tuck your shirt in, and let's get to work teaching your dog to SIT!

Have plenty of small tasty treats in your treat pouch and call your dog to you (to be honest, if your treats are super-tasty, chances are you probably won't have to call your dog to you, they'll be ready and waiting!).



1) Take a treat in your hand and hold it to your dog's nose.

2) When your dog sniffs the treat in your hand, slowly raise that hand over and above your dog's head. As your dog's head slowly follows the treat, you'll notice how their butt lowers towards the floor.

3) As soon as your dog's butt touches the floor, say, 'Good!' and allow your dog to take the treat from your hand.

4) Wipe the dog slobber from your hand onto your mum's dress and then have a another go!

Over the next five attempts, try to add a little longer between the time of your dog popping their butt onto the floor and you saying 'Good!' before giving them the treat for a job well done. The reason we are doing this is so that your dog learns to sit happily for longer periods of time.

Over the next five days, see if you can build up to a five-second Sit before treating!

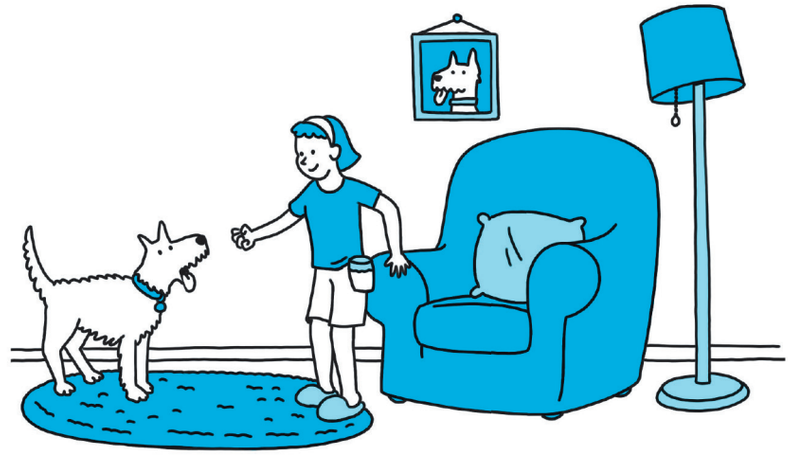
Once you can get to a reliable five-second Sit before treating, I want you to do the same movement with your arm but DON'T have the treat in your hand.

Lure your dog's head up and over with your hand signal – to 'lure' is to use a treat to tempt your dog to move into the position you want them to be in. When their bottom kisses the floor (don't imagine that too much, it's odd!), say, 'Good!', hand your dog a treat FROM YOUR TREAT POUCH and then give your dog lots of praise and fuss for being so Pawsome!

The final step (which goes on forever until you're as old as me!) is to practise in as many different situations as possible:

- **On the lead**
- **Off the lead**
- **In the garden**
- **At the park**





- **Indoors**
- **In the middle of play sessions**
- **Before you go to school**
- **Instead of doing the washing up (if you're lucky!)**



REMEMBER,

PRACTICE MAKES PERMANENT–

SO PRACTISE WELL AND PRACTISE OFTEN!

DOWN

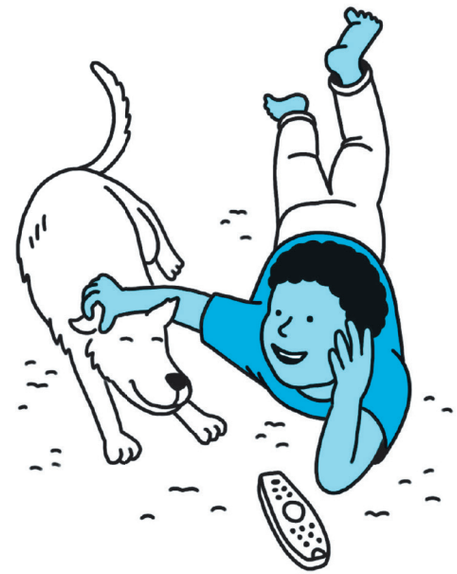
The Down position is when your dog lies flat on the ground with their chest touching the ground.

I wonder how many situations we can think of where it would be handy to ask our dog to do a Down for us?

I'll go first:

- **If we want to chill out on the floor watching telly AND give our dog a cuddle at the same time.**

- **If we want our dog to stop wriggling as we brush their coat.**



If we want to relax after a nice long walk with our dog and have an ice cream on a park bench.



If we want our dog to cool off under the shade of a tree on a warm summer's day.

If we meet a friend at the park who is a little unsure about dogs and we want to demonstrate there's nothing for your pal to be afraid of.



Can you think of any other examples?

Teaching your dog to do a Down requires one VERY important skill that only Awesome Pawsome Trainers possess . . .

P A T I E N C E

To teach a Down successfully AND kindly, I want you to take teeny weeny, tiny, little bite-sized steps, so we can lay a really strong foundation and not put any pressure on your dog.

Ready? Let's go!

1) With your dog's favourite treats in your pouch, ask them to Sit in front of you.

2) Take a treat in your hand and, with your dog remaining in the Sit position, place it under your dog's nose, by their chest, and slowly lure your dog's head towards the floor . . . but remember, I want their butt 'glued' to the floor. Here's where the patience comes in!

3) Don't expect to lure your dog all the way into a Down position on the first attempt – it's not a race! I want you to do ten successful repetitions of just luring your dog's head lower than their shoulder height and, when they do so, say, 'Good!' and give them a tasty treat each time.

After ten successful attempts, that's probably enough for your first session. Remember, you're asking your dog to bend and use muscles in ways they may not be used to – we don't want them to get sore from over-use.

WE ALWAYS WANT OUR AWESOME PAWSOME DOG TRAINING SESSIONS TO BE COMFORTABLE AND FUN.



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