

## **Boundaries 101**

### **Owning our personal space**

#### **Owning the Kitchen**

#### **Owning the Front Door**

**Giving us our space** – Dogs do not need to crowd us. Very important when you have more than two dogs in the household. Dogs need to be asked to sit at least an arm's length away from us. To do this, start with a handful of treats and have your dogs face you. Gently **walk toward them** so the dogs would back up one step. Put your finger up to make sure their attention is on you and not each other and **then go back to your spot** on the floor. If they come toward you, repeat by walking toward them so they back up, put your finger up, and go back to your spot. If they stay in the place where they are an arm's length away – REWARD immediately. This needs to be consistent, and everyone needs to do this.

**Teaching Boundaries while sitting on the floor:** Have a handful of treats ready. Give your dog the sit/focus/stay. Take one step back and squat down. Count to 3- stand and go towards your dog and reward with a tasty treat. After a few times, give the release cue so your dog could walk around some and then start again. Practice a couple of times with just with the squat. After some strong signals where your dog is sitting and waiting for the release word, start sitting down. Stand up and reward. Release and repeat.

**Threshold Training:** Use a handful of treats

Hold the treat in front of the nose and lure beyond the threshold/doorway – while doing this state the cue word of –OUT. Use your body to block him if he attempts to go over the threshold into the forbidden room. If he stays –reward with a treat or lots of praise. For this to work, you will need to be consistent.

After 2-3x of successful cues, you can point to where you want your dog to go by saying “OUT.”

**Rushing the Door:** Very similar to Threshold Training and Back-up. Your dog is at the front door. *Wedge your body between the dog and the door.* Necessary not to be in front of him, giving him commands because he will ignore you during the training period. You need to be in front of the door or threshold (you own it). Stay behind and gently coax (you might have to nudge) back to the threshold of the entryway and say back-up. As soon as he is in the desired position – say “GOOD” and treat -. If she is successful after several cues – you can start slowly with touching the door-knob, working up to opening the door and eventuality with the door open with someone at the door. This needs practice and practice without distractions. Try not to rush it.

