

# Leadership Exercises for Families and Dogs

Practice these leadership exercises as the situations occur throughout the day. They will help turn your pet into a confident, friendly dog that is eager to please all members of the family—adults and children alike.

## Do:

Have your dog sit and wait while you go through outside doors first.

Have your dog wait for her meal until after people have had their dinner.

Teach your dog to accept being touched while he eats.

Gently move your dog out of the way if she is lying in your path.

Have your dog obey a request like sit before receiving attention.

If your dog stares at you, stare back until he looks away.

Pet your dog with long, slow strokes starting at the top of the head and continuing to shoulders.

Play games like fetch, with you in control of the toys at the end.

Teach your dog that hands are not appropriate chew toys.

Practice touching and handling your dog's feet, mouth, and ears.

Speak soft, high-pitched, praising voice so your dog is eager to pay attention.

## Don't:

Let your dog run through the doorway ahead of you.

Let your dog eat before you or at the same time.

Avoid disturbing your dog when he is eating.

Step around your dog or choose another route so he isn't disturbed.

Pet your dog whenever he comes to demand attention from you.

Break eye contact first if your dog stares at you.

Pet your dog with quick, short, strokes across the head or face that get her excited.

Play games like tug-of-war, where your dog is likely to win.

Encourage your dog to bite your hands by playing games with their mouths.

Avoid touching your dog's feet, mouth, and ears.

Speak in loud, low-tones—a firm threatening voice so your dog knows you mean business.



Note: These exercises are recommended for use with dogs who are not aggressive toward people. If your dog growls, bares teeth, snaps, attempts to bite, or shows any other potentially aggressive reaction in response to these situations, then don't do the exercise. A dog who feels threatened or challenged may bite and can cause serious injury.