



# What will we cover today

Canine Good Basics – the why, how and what

The **purpose** of the CGB (the 'why', what are we trying to achieve)

The **foundational knowledge** to support effective implementation of CGB (the 'how')

**Practical tips** for 4 aspects of CGB (the 'what')

- Acceptance of restraint
- Attention on cue
- Walk on loose
- Come when called

Introduce concepts with puppies then older dogs after lunch

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# The why - purpose

Purpose of the CGB is to grow **well mannered canine citizens** that learn the **family and societal rules** to **live safely and happily** in our complex human world

The CGB is ultimately helping to:

- Build a **shared language** with your dog
- Grow the **bond** between dog and owner
- Reinforce a **good temperament**

Important have science based approach to training - understand:

- why you are doing what you are doing
- the basis of the behaviors trying to train (ancestral meaning, learning psychology)
- Understanding First Principles allows you to train and motivate others and problem solve across different dogs and breeds

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## How – foundational knowledge

To effectively implement the CGB some foundational principles are needed:

- Define what is a dog – where behaviours come from
- Importance of the formative period (what to do when)
- Learning state
- How dogs learn
  - use of markers and positive reinforcers
  - contrast training (teaching yes and no)

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# The story of the dog

## *Love is understanding*

- Why important to look back to
- 99.96% wolf
- 40,000 years of co-evolved history
- Our hormonal responses to dogs...and the mistakes we make



## Defining features of a dog

### **THE WOLF (99.96%)**

- The chassis
- Intelligence and plasticity
- Social brain, sociability and comms system
- Helper function
- Cross foster potential



### **PROTO/PARIAH DOG (0.04%)**

- Docility and juvenilisation
- Tolerant non-related dogs
- Human oriented
- Extended, delayed formative period
- Ability to cross foster





## Formative period

- Can transform dog behaviour in NZ in 10 years
- What we do, when REALLY matters
- 1 – 4 months onset and offset (Rendezvous Den)
- Flight or fight nervous system
- Fear Imprint Period - 3 to 4 months
- Deliberately switched on
- Sponge-like learners (80% connectivity growth)
- Shaping behaviour vs modifying

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## What MUST DO

- Bond – attachment relationship
  - Site specific bond (physical bond)
  - Joining up (psychological bond/follower response)
- Socialise (human and dog)
- Cross foster multiple species
- Expose to novelty and change
- Teach separation critical

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## Clash with vaccination period

- Formative period same time as vaccination period
- Socialise in safe manner
  - Beach below high tide mark
  - Friends' houses and dogs
  - Reputable puppy classes
- Use disinfectant of choice
- Avoid busy parks etc where stray dogs are

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## Learning state

- Learning state and formative period (sponge like learning state)
- Critical to training
- Parasympathetic vs sympathetic arousal
- Recognising learning state
  - Eyes
  - Behaviour
  - Food
- Switching and Maintaining

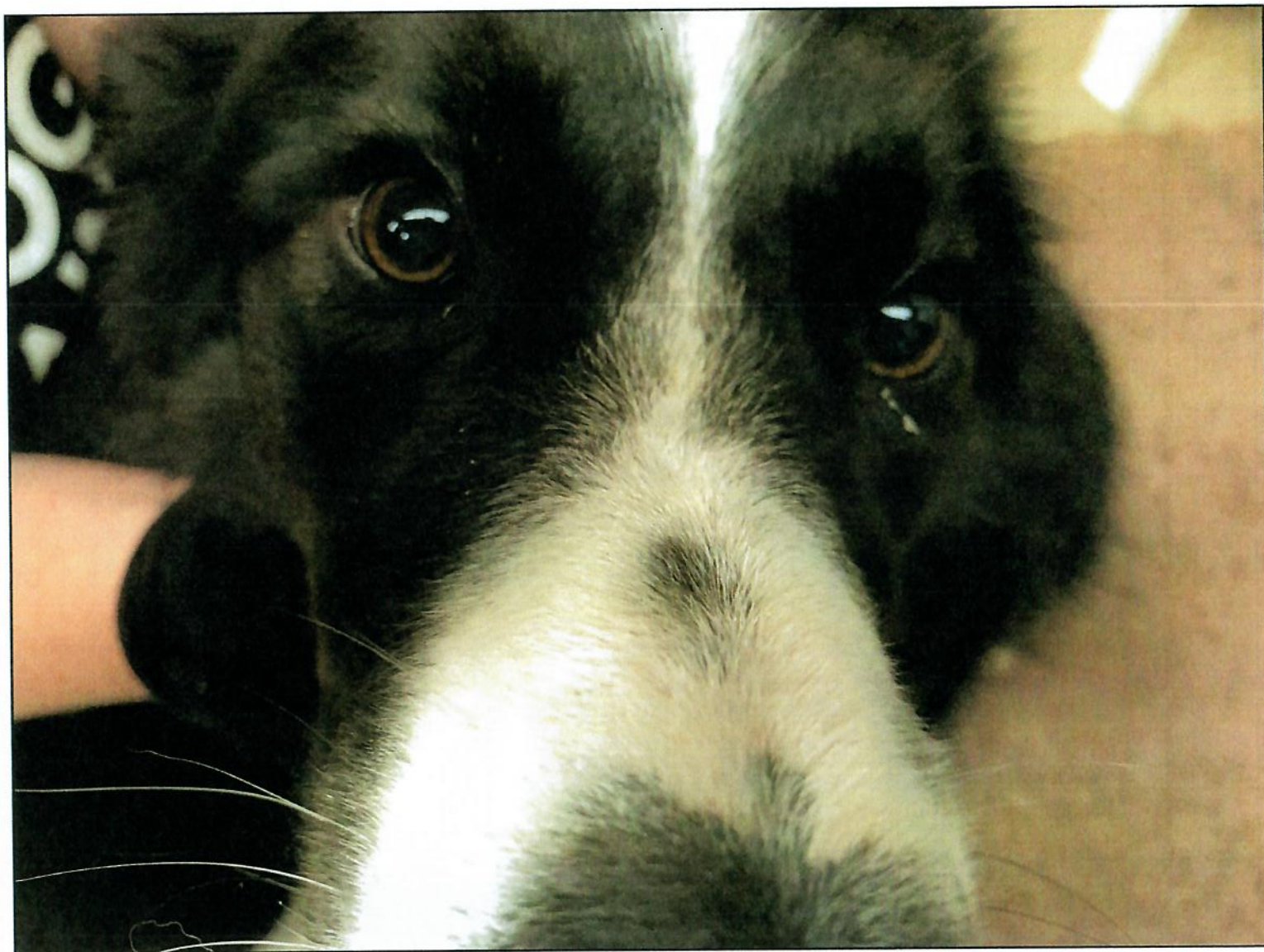
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## Dogs learn by

### **Association**

- to positive and negative stimuli
- reinforcement - what immediately happens after event will inc or dec frequency
- conditioned secondary reinforcers (clicker training)

### **Counter conditioning**

- use of markers and positive reinforcement (clicker, voice)
- dopamine created helps wire new behaviour
- paired with primary reinforcer (e.g. food)

### **Desensitisation**

- ordered hierarchy
- systematic exposure

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## Contrast training

- Need to learn family rules YES and NO!
- Need contrast - positive on own doesn't work
- Clear guidance on what is and isn't wanted
- Reward appropriate behaviours; consequences for inappropriate
- Apparent natural consequences
- Conditioned aversive signals – chance to make good decisions
- Safety and avoidance

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## Golden rules of training

- Keep the environment simple
- Set up each training session
- Your role is important as mentor
- Have effective commands
- Make training fun
- You are training all the time – nothing in life is free

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# What – key parts of CGB

- Acceptance of restraint
  - Starts in joining up (2-4 months ideally)
  - Lead
  - Clip station
  - Contrast
- Attention on cue
  - contact – watching lure at shoulder
  - Orient next command
- Walk on loose lead
  - Joining up starts
  - Pressure on, pressure off
- Come when called (Recall)
  - Ideally start early (with clicker)
  - Bond foundation
  - Long lead work

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## Teaching an adult dog

- Old Dogs New Tricks – outside formative period
- May have limited obedience and possibly some behavioural issues
- Developed inappropriate coping mechanisms due to:
  - Inappropriate socialisation & habituation in formative period
  - Trauma
- Need to modify old behaviour and create new
- Using principles from puppy section plus Counter conditioning and desensitisation
- Importance of:
  - Back to the Den
  - Joining up
  - Learning state
  - Balance of positive reinforcement and contrast training

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# Adult dogs – key parts of CGB

- More problematic dogs are more likely to be out of learning state
- You need to get their attention and into learning state
- Doing more shaping new behaviour, removing old behaviour
- Relying more on countering conditioning and desensitisation than habituation
- Teach 'NO' command and check
- Acceptance of restraint
  - Lead walking – Re-cultivating follower response and so the bond
  - Contrast bond (using clicker and pressure on, pressure off)
  - Clip station
- Attention on cue
  - Contact – watching lure at shoulder when heeling
  - Orient next command
- Walk on loose lead
  - Joining up starts
  - Pressure on, pressure off
- Come when called (Recall)
  - Ideally start early (with clicker)
  - Bond foundation
  - Long lead work

*The Foundation of Dog Training: Animals on Q*