



## 3 TIPS TO HELP YOU KEEP YOUR DOG CALM WHEN GUESTS ARRIVE

Are you worried about your dog when friends and family arrive? Do you have to put your dog away when people come over? Do they complain about your dog because of jumping, barking or other unruly behavior? Or are you concerned because your dog might pee on their shoe or worse... snarl or snap? Here are 3 tips to help you get started changing this behavior.

**NOTE:** Safety is always #1 so if your dog can be a danger to anyone then it is best to get professional one-on-one help. These tips can also help you but only once you insure that no one, including you or your dog, can get hurt.

### 3 TIPS TO HELP YOU KEEP YOUR DOG CALM:

#### 1 Manage your own expectations:

-  **AGE:** Think about how long your puppy or dog has been alive. Even if your dog is an adult, their brain is probably similar to that of a 3 year old child. Depending on temperament, personality, breed and more, until your dog is 2 1/2 to 3 years old, they can have a difficult time controlling their behavior.
-  **TRAINING:** If you only tell your dog “No!” your dog hasn’t learned what behavior you actually want. Instead, you need to teach and train how you want your dog to behave. This takes time, so take a deep breath! Patience is required.
-  **LEVEL OF AROUSAL:** When your puppy or dog are overexcited, asking them to “Sit” or stay down, may be too tall of an order! They may not have enough self-control, be able to think clearly or process what you are saying. Besides your dog’s age, other factors to consider include who is visiting, when, why and how comfortable your dog AND YOU are with the visit. This all matters.

Rest assured that your dog is not capable of being spiteful or purposely difficult. The problem behavior lies with training, your dog’s level of arousal, self-control and the specific situation. You’ll need to know the real reasons why your dog is misbehaving before you can improve this behavior.

#### 2 Prevention:

Prevention is critical to change your dog’s behavior. You must prevent the behavior you don’t want, otherwise, it’s much more difficult, *sometimes impossible*, to change it. When you allow the unwanted behavior to continue, your dog can get confused about what behavior is acceptable and therefore, it takes longer to change. Here are 3 ways to prevent unwanted behavior at the door:

-  **PREVENT ACCESS:** Prevent access using crates, gates or other ways to confine your dog, such as in a bedroom. You can even use a leash. This isn’t permanent but, it is necessary in the beginning.
-  **PROVIDE ANOTHER ACTIVITY:** Do this ahead of time to keep your dog busy and less interested in the people when they arrive, such as giving your dog a new bone or toy. (If your dog gets possessive or guards bones and toys, then either this is not a solution and/or you will need to confine your dog and make sure everyone stays safe. Safety is #1.)



## 3 TIPS TO KEEP YOUR DOG CALM WHEN GUESTS ARRIVE

 **TEACH AND TRAIN:** Teach your dog a behavior that you want that at the same time, prevents behavior you don't want. This, of course, takes time but it is so important to teach the behavior you DO want. Here are three things you and your dog can do when people arrive that can discourage, for example, jumping up on people:

1. Have toys ready to throw and keep your dog at a distance which can allow you time to manage your dog before jumping starts
2. Reach down to give your dog a treat before they jump
3. Teach your dog to go to a mat or place when people arrive

### 3 Training:

 **TEACH THE BEHAVIOR YOU WANT:** It's important to teach your dog the behavior you want, or commands, that allow you to manage and control your dog when someone arrives.

 **CHOOSE TEACHING METHODS CAREFULLY:**

Be sure to teach and train your dog in a way that builds trust, confidence and a sense of security because corrections, force and/or use of pain can erode your relationship, don't teach your dog what behavior you truly WANT and can also make your dog even more aroused and impossible to control.

Instead, teach your dog in a way that results in your dog looking to you for direction - *not to dominate your dog in any way* - but so your dog trusts you to be their guide when a situation is confusing or concerning.

 **TEACH SKILLS FOR MANAGEMENT AND CONTROL:** You can also train exercises and skills that build on this connection and also give you the added benefit of control. Skills like a solid recall (comes when called), an emergency down, "place" and stay are just a few examples that will help you reach those goals.

Once you have your dog behaving well indoors then you can also work on this behavior outside.

Watch for suggestions and training in your email that can help you more with this behavior and also with issues like barking, once your guests get inside!



**CHEW  
ON  
THIS!**

*Your relationship affects how your dog thinks, feels and behaves...  
so it's important to interact and train your dog, in a way,  
that strengthens the thoughts and feelings your dog needs  
...to get the behavior you want.*