

Choosing a Trainer

Did you know dog trainers are unregulated in the United States? The bad news is that this means you have an added responsibility to screen your dog's trainer to ensure they use effective and humane training methods. The good news is that A.D.O.P.T. has information to make that process easier and a list of recommended trainers!

Why training is a necessity:

Whether you are intentionally teaching him or not, your canine friend is always learning—and this is true not just for puppies, but also for older, adult dogs. If you do not teach your pet your expectations and boundaries, he'll invent his own! Training allows caregivers to safely and humanely guide their dog's behavior. Positive training enhances the bond between dog and owner, and helps ensure that your dog will respond happily to your instructions!

What to look for in a trainer:

It's essential that the dog trainer you select uses humane training techniques that encourage appropriate behavior through such positive reinforcements as food, affection, playtime, or praise. Look for a trainer who ignores undesirable responses or withholds rewards until the dog behaves appropriately. An excellent trainer will help you identify the underlying cause of undesirable behaviors and address the root of the problem for the best results.

What to avoid in a trainer:

Training techniques should never involve yelling, choking, shaking the scruff, tugging on the leash (even when the dog is pulling!), looming over the dog, staring the dog down, alpha rolling (forcing the dog onto his back), shaking a can of pennies, forcing the dog to face things he is afraid of, using shock collars, prong collars, or other actions/tools that frighten or inflict pain. These methods can destroy the trust your dog has in you, as well as the overall dog/human bond. Read on to learn why today's researchers say traditional, punishment-based training isn't the most effective way to train your new dog!

What's so bad about punishing my dog for bad behavior?

Researchers have found that punishment-based training is one of the *least* effective ways to train a dog— it can cause even more problems than it solves.

- Your dog may learn to behave well when you're around, but continue misbehaving when you're not there to deliver the punishment.
- The undesired *behavior* might stop, but punishment doesn't resolve the underlying emotion/attitude that caused the behavior in the first place, meaning the problem will just manifest in new undesirable behaviors.
- Researchers have found that punishment causes stress to the dog, and that dogs have difficulty learning and memorizing new information while stressed, which makes punishment-based training counterproductive.
- Dogs aren't very good at understanding *why* they're being punished— if you punish your dog for having an accident, they probably *won't* learn to only pee outdoors. Instead, he could stop pottying on walks because he thinks he'll be punished if he pees in front of you- and later sneak off to do his business in a quiet part of the house where you won't catch him.
- You're adopting a dog because you want to enjoy their companionship and provide a happy life to a rescued dog. Don't let traditional training methods take away from your shared happiness by creating an adversarial relationship between the punisher & the "bad dog."

So what can I do instead?

- **Manage:** Set your dog up for success by minimizing opportunities for bad behavior, and creating many opportunities for good behavior.
- **Interrupt bad behavior & redirect to good behavior:** If you find your dog doing something he shouldn't— stop him and redirect his attention to an alternative activity you *do* want, and reward him for the good behavior.
- **Teach them what you *do* want:** Dogs are eager to learn (and please!) if you make it worth their while. Be consistent and generous with praise and treats for good behavior. If you're seeing problematic behaviors (like jumping when visitors arrive), teach an alternative behavior (like going to their bed when they hear the doorbell) that they can do instead!

Reward Yourself for Training!

If you complete a formal training program (obedience class, agility, nosework, the A Sound Beginning Program, etc.) with one of our recommended trainers and send us your dog's graduation certificate within 3 months of adoption, we'll mail you a check for \$75! Drop off your certificate at the shelter, or email to: dogquestions@adoptpetshelter.org

A Sound Beginning	See side bar for list of locations!	(630) 776-8197 asoundbeginningprogram.com
Animal Intuitions	Geneva	(630) 537-8779 www.aitrainers.com
Animal Sense	Oak Park	(312) 564-4570 www.animalsense.com
Blueline Dog Training	Chicago	(708) 491-9371 www.bluelinedogtraining.com
Clixwood Canine Services	Batavia/ St Charles	(630) 232-0492 www.clixworld.biz
Cloud K9 Academy	Naperville	(630) 699-3154 www.cloudk9training.com
Dog Gone Good Training	Glendale Heights	(708) 220-9511 www.doggonegoodtraining.com
Dog Obedience Group, Inc	North and NW Chicago Surburbs	(773) 973-2934 www.dogobediencgroup.com
Dogz'n Harmony, Inc.	Burr Ridge	(630) 992-9200 www.dogznharmony.com
Flydogs Training, LLC	Kane/DuPage	(630) 202-9716 flydogs.ws
For Your K9	Melrose Park	(847) 671-6844 www.fryourk9.com

Narnia Pet Behavior and Training	Plainfield and Naperville	(630) 904-0895 www.narniapets.com
PawLaw	Hanover Park	(847) 888-4725 www.pawlaw.com
Paws in Training	Chicago	(815) 355-8168 www.pawsintraining.com
Petco	Any location	Call local store for details
Petsmart	Any location	Call local store for details
Richard Tamborski, KPA	Chicago	(312) 953-2240 www.karenpryoracademy.com
The Puppy Professor	Glen Ellyn	(630) 853-9272 the-puppy-professor.com
Training Trails with Terri	Westchester	(708) 337-4855 www.Trainingtails.biz
Wiggles-n-Wags	Lombard, West Chicago	(630) 832-3001 www.wiggles-n-wags.com
<p><i>Any Karen Pryor Academy Certified Training Partner (KPA CTP) Find one online at www.karenpryoracademy.com/find-a-trainer</i></p>		

Featured Training Program!

A Sound Beginning: A unique training program was created specifically for the newly adopted dog and focuses on life skills that center on socialization and self-control while teaching the foundation of problem solving by management and training. Particularly beneficial to shy or nervous dogs, but recommended for any newly adopted dog! Use promo code *ADOPT-35* to get \$35 off your training package!

Locations: Classes offered in West Chicago, South Elgin, Plainfield, Lombard, Oak Lawn, and Wheeling, as well as Schererville, IN.

Contact: (630) 776-8197 www.asoundbeginningprogram.com