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**ENERO**



# **BASICS OF DOG TRAINING**

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**& recall training with the  
Enero dog whistle**

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Do you have a new family member?

Congratulations!

“A dog is like Peter Pan – a child who never grows up and who can therefore always love and be loved.”

We would like to start our e-book with this quote and take you along with us.

The beauty of a dog-human relationship lies in how you interact with your new best friend and how you get along with each other. Your connection will grow steadily and become more intimate if you both know what is important and can recognize exactly which behavior has which meaning and when. Understanding and perseverance are basic requirements for a good relationship.

During training, you will quickly realize that both you and your new four-legged friend have needs and that these must be met in order to establish a close bond. It is important to create a basis of trust between you and your dog.

This e-book is just for you if you are a beginner in dog training or don't have much experience. That's exactly why we have put together this book to give you the necessary information and rules on how to form the perfect bond with your new partner. We also offer you some tips on dog training with a dog whistle - this can work wonders in the progress of the training.

We are confident that our e-book will help you achieve the bond you want with your dog. It will prepare you and him for a great time together full of love and adventure.



Every four-legged friend goes through three phases of training. In the following chapter, we want to explain the phases to you and show you what you should pay particular attention to.

### ***1. Breakthrough Phase***

This first phase usually lasts longer, and is also the patience phase. Accuracy is very important here, because in this stage your dog learns every behavior that will not be forgotten. If a certain signal, such as "off", is associated, you should make sure that you always stick to this signal in the same way.

### 2. Everyday phase

The everyday phase is the second phase of dog training. In this phase, the dog begins to become familiar and learn behaviors. Repetition of commands or behaviors is the most important thing here. Small steps lead to the best and fastest success. The dog needs time to learn and internalize new actions.

For example, you start with the command “sit” in the first phase and then use repetition in the “Everyday Phase” to get him to learn the new command. Once a new command is taught, it should be repeated for longer and only after some time should the next command be integrated into the exercises.

### **3. Routine Phase**

This stage of your dog training is a difficult time in training. This phase is about teaching your dog to apply his newly learned behavior in different situations.

The following situation: Your dog is sitting in the living room. In the routine phase, you take your dog from the living room to another room and see if he can repeat his behavior there. Some dogs need longer. Here again, a lot of patience is a key factor for success. Therefore, practice different commands in different places in order to generalize and deepen them.



### **1. Sit**

- While your dog is standing directly in front of you
- Let him know that you have something treat for him in your hand
- Move your hand, slowly holding the treat over his head to his bottom, then give the command "Sit".

Ideally, your dog will lift his head and try to grab the treat, and when you move your hand towards his back, his rear end will drop and assume the "sit" position.

- Offer him a treat and shower him with praise

### **2. Lay**

Have your dog assume a sitting position and show him the treat you have in your hand · Gradually bring your hand with the treat to the ground directly in front of him. As your hand slowly moves down, use the "sit" command. As your dog's mouth approaches the treat, gently pull the treat out of his mouth. Your hand motion should look like you are trying to make an "L" shape · Ideally, your dog should be able to lower his head toward your hand. As he lowers his nose and tries to lie down, use your free hand to gently rub his shoulders.

- Offer him the treat and praise him for a job well done

### 3. "Stay"

Have your dog sit next to you with a leash · Take a step or two back while commanding him to "stay" to stay in one place · Count to three in your current position before returning to your previous position · Use your "release word" and praise your dog, for example, "come" · If he gets up before you say the release word, have him sit again while you repeat the process

### ***4. Walk on a leash without pulling***

It is best to start this exercise at home or in the garden to avoid any distractions · First, decide which side your dog should walk on, then always stick to that side · Hold the leash loosely in the opposite hand, your dog should not have the opportunity to pull on the leash · It is best to have a treat in the other hand, walk past your dog and show him the treat · As soon as your dog tries to catch up with your hand, say the command “heel” and give him some of the reward, then move on

### ***4. Walk on a leash without pulling***

·Every time his head is at your side at knee height, say the command and give him a reward · Make sure he follows you, no matter which way you go and keep changing the course or direction, repeating the process until you have become comfortable with each other and your dog knows that you are in charge · Occasional sniffing is allowed, another command to get your dog's attention would be "Here". This can also be used while walking

### ***5. How to teach your dog to come to you:***

- When your dog is directly facing you, crouch down
- Open your arms wide and say the command "come"
- Praise him when he comes to you, repeat this exercise several times



- Choose a command that is loud and easy to remember, for example “here”
- Use the narrow side of your dog whistle to emit a bright, long-drawn-out tone that your dog can easily identify - due to the intensity of the tone, he will understand this better than just the command being called
- Training with the whistle may take longer until your dog responds
- Use a short whistle with the dog whistle for your command, your dog can remember this sound very well, he will only listen to this sound at this moment, concentrate on it and come to you
- Increase the exercise by whistling whenever your dog is distracted

## ADVANTAGES OF TRAINING WITH A DOG WHISTLE

- Safety and calmness when the dog is running free through safe recall
- Interruption of an undesirable action of the dog
- more space for the dog to run around
- Retrieval over long distances
- neutral command tone without emotional and vocal fluctuations

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## USEFUL TRAINING TIPS

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- Start dog training as soon as possible.
- Training sessions should not last longer than 5-10 minutes. It is better to do several short sessions a day than one long session
- It is best to start at home, in the garden or in a quiet place before going to public places.
- Hand signals combined with choice of words and volume are best for teaching dogs commands.

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## USEFUL TRAINING TIPS

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- Praise as much as possible when he does something right so that your dog has the motivation to keep going. Treats are a good way to do this so that your dog associates a particularly positive memory with the recall.
- One command per training session is enough. Practice until you have perfected it, then move on to another command.
- Be patient and take your time.
- It is best to end each training session with a ritual of your own choosing, such as a cuddle, to let your dog know that the training session is over.

Hopefully these tips & tricks will help you and your best friend get off to a perfect start in your life together. Remember to start training as soon as possible.

The best place to start is by getting him to recognize his name. Then follow all the new commands and tricks. This guide is designed to help you get the fastest and best training results.

Once your new best friend has learned these basic rules, he has successfully completed his "puppy school graduation".

We hope you enjoyed it & wish you all the best for the future!

And now “Off”! ;-)

If you have any questions or suggestions, you can contact us at any time by email or via our social media channels.

We are very grateful for a positive review of our products and hope that we could help with our e-book.

***Thank you for everything!***

The logo for ENERO, featuring a stylized 'E' symbol above the word 'ENERO' in a bold, sans-serif font.