

HOW DO I STOP MY DOG FROM PULLING?

“Heel Training” or “Loose Leash Training”

SET THE STAGE

- Be your dog’s leader. If you don’t take the lead, your dog will. They look to you for direction. If you don’t provide it, they have no choice but to make their own decisions. This makes for some interesting outcomes that you might not like.
- Training should be no more than 10-15 minutes in length.
- Think fun, short, relaxed sessions. Use positive reinforcement (rewarding the correct behavior with treats/affection).
- If you’re tired, angry, frustrated, or not feeling well, don’t train. Your dog can sense your mood even before you do.
- If your dog is tired, angry, frustrated or not feeling well, don’t make them train. Just plan for another day, it’s okay!
- A tired dog is a happy dog. Train at the end of a walk.
- Start small (inside, back patio). Training at the park may be too distracting for the dog.
- End on a positive note. The dog will remember, and so will you.

CHOOSE THE RIGHT LEASH FOR YOUR DOG:

- Use a standard leash (cloth, rope, leather etc.) Retractable leashes are not a good choice when training.
- Where is your dog pulling from? The correct harness, hooked in the correct place provides for better control.
- Check out this great article on “Gentle Leader” and “Easy Walk Harnesses”, including Tips for Improving Dog Walking Behavior. [Gentle Leader vs Easy Walk Harness: Which Will Help Your Dog Walk Better? \(caninejournal.com\)](http://caninejournal.com)

LOOSE LEASH WALKING:

- Your leash will be relaxed or “loose”.
- Your dog may wander a few feet forward, to the side, or behind you with some freedom.
- Best case scenario, your dog will not be tugging or pulling the leash tightly and you will not be pulling on your end.
- Reward positive actions with treats and/or affection. Catch them doing something right.
- Here’s another great article on “Loose Leash Walking” and how to get your dog to comply. [Loose Leash Walking – CattleDog Publishing](http://CattleDog Publishing)

HEEL COMMAND:

- Walk your dog at a heel consistently on either your right foot or your left foot. Try not to switch back and forth to prevent confusing your dog.
- Heel is not in front of you, not behind you dragging, it’s directly at your heel.
- Ideally, start with your dog at the “Sit Command”. Say “heel”, begin to walk.

- If your dog lunges ahead of you, stop. Make a circle turn using your body (“Round about turn”) with your dog following you and begin over again at a sit.
- Be patient. It will take your dog some time to learn what you’re asking them to do.
- Reward for the correct behavior with treats or affection.
- Try these Three Exercises:
 - Dead stop when pulling ahead of you/return to start position.
 - “Crazy Walk”, changing directions quickly so dog must quickly follow your lead.
 - “Round About”, circle around with your dog and return to start position.
- Here’s a great article on teaching your dog to “heel” on or off leash. [How to Train a Dog Your Heel \(thesprucepets.com\)](https://thesprucepets.com/how-to-train-a-dog-your-heel)