



Evolution Dog Training Tips

Are you struggling with leash reactivity?

Are you tired of your dog's leash reactivity turning your peaceful walks into stressful or even embarrassing experiences? Imagine the joy of having your furry friend walk calmly by your side, no longer reacting to every passing dog or distraction. You're not alone in this journey, and there's hope! In this article, we'll share five invaluable tips that can transform your dog's leash reactivity into a thing of the past. Whether your dog lunges at other dogs, barks incessantly or pulls on the leash, these expert strategies will empower you to regain control and enjoy walks like never before. So, if you're ready to embark on the path to better walks and a more peaceful life with your four-legged companion, read on and discover the keys to success!

Here are the top 5 expert tips to get started now on your journey to leash reactivity rehabilitation:

1. Stop the cycle
 - a. Not allowing the rehearsal/practice of undesirable behaviors and patterns is the best first step to changing ANY behavior
2. Understanding reactivity
 - a. The 2 main aspects of any behavior training are the obedience/skill part and the emotional/choice part.
 - b. Reactivity is an emotional response, a dog's inability to employ emotional regulation and logical thinking when they're over threshold.
 - c. Reactivity is usually an adrenaline-flooded emotional outburst, similar to fight or flight so your dog can't hear you in those moments
 - d. Your dog is HAVING a hard time, not GIVING you a hard time.
3. Equipment:
 - a. Make sure your dog has a positive association with their leash, harness/collar and they don't run from putting them on
 - b. Don't use equipment that causes choking, poking, or yanking as these just add more negative to an explosive negative experience
 - c. Using harsh tools makes reactivity worse
4. Defensive handling techniques
 - a. Employing your redirection skills, leash handling techniques, environmental awareness and sticking to a solid plan, will prepare you to be the best leader on walks
 - b. The proper leash and tools are vital
5. Have a plan
 - a. Each dog and family and schedule and resources and environment will be different so this must be an individually crafted plan laid out by a certified

professional dog trainer who uses only humane LIMA rewards-based methods, and NOT harsh tools.

- b. Have a mental map of your various route options and what you might expect on those routes
- c. Avoid as many triggers as you can at first, plan your routes accordingly
- d. Turn away from anything that causes a reactive moment
- e. Change your mindset about your walks, they're about rehabilitation now, not leisure (yet).

I want you to know that there is hope for you and your furry companion. Leash reactivity is a common challenge, but it's one that can be overcome. I'm here to offer you guidance and support in formulating an individualized training plan tailored to your dog and your family's unique needs. Together, we can work towards recovery and transform your walks into enjoyable and stress-free experiences. So, let's take that first step towards a brighter future for you and your dog. Reach out to me, and let's embark on this journey to better walks and a stronger bond with your beloved pet. There's hope, and it starts with us working together.

Wishing you a paws-itively tail-wagging day!

Leanne, and the Evolution Dog Training Team



Text or Call us for help: (702) 997-5462