



Stopping & U Turns - Getting Better Engagement On The Leash

Goal

Your foster puppy pays attention to what you are doing as you walk and adjusts their pace and movement with you.

Overview

Altering your pace, direction, or movement while walking with your foster puppy is a great way to teach them to engage with you more and to pay attention to you while you are walking with them.

By adding more variety in your pace, direction, and movement when walking, you are making yourself more unpredictable for your foster puppy. If they are accustomed to you always walking the same route or the same speed, they won't feel the need to pay much attention to you. However, if you make your walking habits more random, your foster puppy will find that much more interesting and will therefore pay more attention to you!

Exercises

Top Tip - Practice these exercises around your house before trying them outside or on a walk!

Stopping in Motion

The goal is for your foster puppy to learn that when you stop, they should also stop. This exercise is great for teaching your foster puppy to pay attention to what you are doing with your feet.

- ✦ Have your foster puppy on leash in the heel position and hold a treat in your left hand right in front of your foster puppy's face as a lure.
- ✦ Cue your foster puppy to move forward with "Let's go" and take a few steps forward.



- ✦ After walking a few steps, stop abruptly, and firmly (and a little dramatically) plant your feet on the ground as you stop.
- ✦ If your foster puppy stops when you do, mark and reward with “Yes” and the treat.
- ✦ Repeat this exercise until your foster puppy successfully learns to stop moving when you do *without* having to use the treat lure.

If your foster puppy has a hard time stopping when you do, you can do a few things to help them. First, be sure that when you stop moving, your treat hand also stops moving. If your foster puppy is following the treat, they should stop moving when the treat does. If they are still struggling, you can also use some gentle leash pressure to help them to stop.

U-Turns

Teaches your foster puppy not to get out ahead of you and helps them be more aware and mindful of your movements or changes in direction.

- ✦ With your foster puppy in the heel position, cue them with “Let’s go” and begin moving forward.
- ✦ As soon as your foster puppy starts to get out ahead of you, even just a little bit, abruptly step right in front of them and make a U-turn into them to head in the opposite direction.
- ✦ When stepping in front of them, you can be invasive and dramatic about it. Your left leg should go right in front of their face or chest as you turn. This invasion of personal space will likely catch your foster puppy off guard, and that’s the goal!
- ✦ Practice these U-turns when your foster puppy starts getting ahead of you, as well as when they are walking appropriately. This will teach them to be watchful of where you are going, and that they can’t predict your direction.



PAWS
WITH A
CAUSE