



NOSE — to — TAIL



Everyday Living - Training Programme

A companion to the book *Nose to Tail* by Louise Harding

www.nosetotailbook.com

Everyday Living - Training Programme

Behaviour	Important because	How	Frequency	Completed	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
Quiet Relaxed	Dogs need to have an off switch.	In a quiet moment, grab a dog bed or mat and a handful of treats. Sit on a chair, put the dog on mat/bed on floor. When the dog is calm and relaxed reward with a treat every 30 seconds.	2 repetitions Twice daily	Set 1 _____ Set 2								
Toilet Training	Dogs need to learn where their toileting area is. You don't want your entire house to be a toilet.	Immediately after waking or eating take puppy/dog outside and wait until toileting is complete. Alternatively leave him in his designated toileting area.	At least 4 times daily	Toilet 1 Toilet 2 Toilet 3 Toilet 4								
Manners around the table	To prevent your dog begging or stealing food around the table.	Use a crate or baby gate to keep your dog away from the table.	mealtimes	Breakfast Lunch Dinner								
Travel in a car	Teach your dog to be relaxed and happy on car trips.	Use an appropriate restraint, seatbelt, approved dog crate, when driving to the shops or on a school run.	3 short trips weekly. Dog doesn't leave vehicle for walk. This is in preparation for getting out and about.	Trip 1 Trip 2 Trip 3								
Meals	It's an important part of daily routine that dogs have set mealtimes.	Puppies up to 6 months have up to 3 meals a day. Change to once daily when around 12 months of age.	Daily	Meal 1 _____ Meal 2 Meal 3 (Puppies only 2 & 3)								

You can find more information on training your dog for 'Everyday Living' in: Nose to Tail: A Holistic Guide to Training Your Dream Dog - www.nosetotailbook.com

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Everyday Living - Training Programme Continued

Behaviour	Important because	How	Frequency	Completed	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
Play	Play is a fun activity for your dog and important for your relationship. The whole family can participate.	Retrieves, games, problem solving toys, playing tug.	Twice daily 5-10 minutes each session	Play 1 Play 2								
Exercise	Appropriate exercise is very important for general well being.	A short, calm walk around your property or yard, out the gate and down the street for 15 minutes.	Daily	Walk								
Night time confidence	It's important to have a dog who is confident outside in the dark. Darkness can often bring different sounds and a dog's hearing is heightened when it's dark.	Play with or feed dogs outside when it's dark.	3 times a week	Night Feed 1 Night Feed 2 Night Feed 3								
Doorway training	Important for safety and manners.	Using a door that leads into a room, have the door shut. Wait until the dog is calm, open the door, if dog goes to rush through close the door. When the dog is calm, open the door and walk through and allow the dog to follow.	Daily - as often as possible									
Don't chase postman	Because we need the postman to deliver our mail without your dog harassing him.	When dog hears the postman, ask for a simple behaviour, like sit or quiet. Reward when dog is relaxed and silent.	Daily	Postman Quiet								
Crate Training	Great safe place for dogs away from young family members. Teaches quiet time to your dog.	Pop your dog in a dog cage/crate/enclosure with a warm bed and a favourite toy.	3 times daily 10 mins duration each	Crate 1 Crate 2 Crate 3								

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