

## Aprils K911 Academy Fixing the Aggressive/Submissive Dog

Genetics is the first thing that makes a dog scare more easily than normal. Instinct makes them fight or flight depending on the dog. This can be changed with proper conditioning and reprogramming. As Pack Leaders its up to US to teach our dogs not to be so unhappy and scared, but to nurture, encourage & teach them how to be HAPPY.

With proper training Aggressive/Submissive behaviors can be changed. Your energy affects YOUR dog!

Aggressive/Submissive dogs start with the dogs fear of something. If left uncorrected, the behavior will progress & become acceptable behavior to the dog. Why don't dogs in packs fight constantly? They know where their status is within the pack & they have a leader who dictates what they can or cannot do.

Will it be easy to change our dogs behavior? This depends on several factors: How much work you put into learning to ground your energy, & teaching your dog appropriate behavior using verbal markers, always followed by positive marker. How well you teach them confidence in whatever they are afraid of. How well you learn their body language. Your energy, timing, consistency, setting **BOUNDARIES** & implementing the things that you learn.

**New Mexico state law** says you are allowed 1 free dog bite, even if it was your own dog who bit you. Medical professionals are required by law to report a dog bite. Than the 2<sup>nd</sup> bite, its up to the animal control officer if they want to put your dog down. Its your job to teach your dog acceptable behaviors & confidence.

### **Your Dogs Live is Literally In Your Hands**

It usually takes 200 good meetings to help reprogram your dogs to understand that other dogs, people, & unfamiliar things are okay & not to be feared. They must learn to FLIGHT instead of FIGHT. Fighters are a liability & dangerous. And both will have high cortisol which lowers their immune system & they are NOT HAPPY.

**Bully Breed vs Others- Fight or Flight. This is genetic instinct-** Bully's first instinct is to fight, others will flight. This is NOT written in stone. Many dogs who first flight, will fight if cornered or bullies may be beaten & never fight back. And chihuahuas usually will do as bullies and bite. Especially when you turn your back to them.

### **How do we change our dogs behavior?**

A) Establish pack leadership for all humans. As pack leader, you should emit a sense of confidence & have **calm energy**. It is your job AS PACK LEADER to teach your dog **BOUNDARIES**, what is acceptable behavior or not & to teach them confidence in the things that they fear. Dogs see these behaviors as being pack leaders:

1. Help your dog to gain confidence & greet others first through PROPER meeting/greeting that will help your dog GROW. Show your dog by example by greeting dog/people first. If you are fearful yourself, than please use a cage muzzle,(Hannibal Lector style), so you will be calmer for your dog. Practice taking a deep breath to calm yourself before meeting any dogs or people. Try NOT to make eye contact with your dog as you are meeting as this tells them NON VERBALLY that you are concerned for their safety & they should be on the defense. They will learn & gain confidence by your behavior. Watch your tone of voice. Be encouraging, not babying. Showing concern, shows that they DO have something to Fear.
2. Set house rules no matter how small & enforce them ALL. Example: If they jump on the couch, use your tools to get them off, THAN give them permission to get on the couch. PRAISE the wanted behavior.
3. DO NOT FREE FEED- Do not put their food out for them to graze all day. What they don't eat in 10 minutes, pick up. If they are not eating they may have an intolerance to something in the food. Grains ect.
4. Do not let them walk through doors first. Even if your not going out, teach them to wait until you release them to go out/in. This is a small rule but makes a huge difference to your insecure dog.
5. Teaching them SELF CONTROL & correct behavior by correcting the ugly behaviors especially when they are NOT in harms way. You are going to protect them. Reward for wanted behavior. Growling at other dogs that do not pose a threat to your dog is like your kid sticking his tongue out at the neighbor, egging on a fight. Not acceptable or allowed.
6. Protecting your dog from the things they fear. Dogs or Kids rushing up into their space ect. Dogs “dogging them”, bully eye contact. Carry a air horn or squirt bottle around if you have to. Squirt dogs who come too close or people if need be. Better than them getting bit & you sued. You are in control & you are going to protect them. Do not be afraid to tell people to get their dogs outta your dogs face.

Understand that dogs do NOT rationalize but REACT to your energy/fear/environment. Your behavior may actually be increasing your dogs fear. If your afraid they may bite someone, they will sense your fear and think that you are scared of that someone & they should be too. It becomes a viscous cycle. Break it by being educated.

ALSO realize that once a dog starts gaining confidence, they may challenge & see if they CAN get away with being ugly even if they aren't really that scared. It is Critical to Correct this behavior. Its imperative that you push your dog to his red zone under a controlled environment with nothing bad happening, for them to grow.

Call April for a low cost evaluation with a free Support Therapy playcare included. Phone consults FREE

### **Body language that shows you a dog is scared or reactive:**

-Head down -Stiff body -Dogging or staring at each other aggressively -Avoiding eye contact - Head down -Hiding -Ears down -Hair up on their back -Tail down -Trembling -Cowering -Excessive barking -Growling. Becoming physical usually comes next. Looking consistently at the dog parent, Jumping on the dog parent. Running around to avoid.

### **DOG2DOG PROPER GROWTH MEETINGS- Butt to Nose**

1. Dog fights usually start with eye contact. **DO NOT** let the dogs look at each other when meeting. Stop ugly dogging by using a squirt bottle or making a loud noise. Break that concentration & keep it broken. The scared dog that is more likely to bite should meet first. They will calm down quickly and more acceptable to being sniffed from behind from a dog that they can't see. After, Curious looking is acceptable. If you don't know the difference, stop it

- The dog has to learn to TRUST you & this will change the pack dynamics for the good.

2. The aggressive dog should SMELL FIRST. So turn the other dog around, and straddled him so that you can hold the dog with your legs and the collar with your hands so you can prevent the dog from turning around and looking at the other dog. -Small dogs can be held in the crook of your arm with the butt sticking out below your elbow. You can hold the collar with the left hand and shield the dog's eyes with the right while holding him. Talking to your dog in a soothing but not baby voice and offering treats may help reprogram them.

- If both dogs are fighters, than hold the smaller as you can or the less aggressive dog.

3. The pet parent should go up and scratch the other dog on the rump to show their dog its a good thing. **\*\* DO NOT** let the dog get past the other person's leg as we DO NOT want eye contact. Allow them to smell nicely on a loose leash. Tight leashes maybe a trigger and make them more aggressive. Use a squirt bottle to squirt the dog back if he gets too aggressive, growls. Teach them to smell gently. No molesting. Aggressive approach needs correcting.

• Pet Parent should LIMIT their eye contact with their own dog as that is NON VERBALLY telling them to be fearful. Make a big deal about touching this new dog and meeting it. Sometimes you may have to put the dog up right next to the butt or back the dog up to the other dog to smell. When they're done smelling WALK OFF & away.

4. Repeat with the other dog. Carefully watch body language & **FEEL their ENERGY**. Avoid eye contact especially doggin eye contact. We want a scary meet to end NICELY.

5. CAN THEY THAN MEET FACE TO FACE? It depends on the dogs. After you walked away 5 or 10 feet then you can turn the dogs around and let them look at each other. If they continue to dog or act aggressive correct them appropriately. Repeat the smelling if you want or wait another day. **Always praise the wanted behavior**. Praise them for smelling nicely. Praise them for not dogging after you've correct them. REPEAT until your dog has learned that not all dogs are going to attack and starts to watch body language themselves and not be on the defense.

### **DOG2 PEOPLE PROPER GROWTH MEETINGS**

1. Always ask the people first and then make sure you **WATCH** the dogs Behavior as people don't realize their dogs are fearful. **DON'T REACH OVER A SCARED DOG'S HEAD!!!**

2. If you notice the dog is fearful then grab the owner's hand & drop it down for the dog to smell while you are still touching the owner. Try to avoid eye contact as much as possible, release the owners hand & start petting the dog **slowly under the chin**. DO NOT go over the top of the head. If the dog lets you touch them under the chin then in a VERY SLOW movement, work your way to the top of the head & SLOWLY pet them there. Depending on their fear

3. Real scared dogs, its effective to drop down to their level and turn your body slightly away from the dog.

4. Hold your hand out for the dog to smell. Dont move an inch towards the dog. Let them completely come to you.

5. Again try not to make eye contact but rather talk and look at the pet parent. Or Hansel & Gretel them by. . .

6. Toss treats close to the dog, & closer to you each one & eventually may take one from your hand.

7. You can also hold a tree in your left hand under your thumb on your palm and place your other hand directly below that one. When the dog engages with the treat in your hand, slowly stretch out the lower hand to pet the dog under the chin slowly and gently. If the dog will let you, work your way to the top of the head slowly. Repeat these as needed. Most dogs take 200 repetitions to reprogram them and learn something well.

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