

Tips for a pleasant dog walk

Feng Shui with Fido™ Philosophy: Teaching your dog to heel at your side is the key for teaching your dog to walk in an easy manner next to you. Heel literally means "walk at my heels." For really energetic young dogs, play a game of fetch in the yard first (to get their ya-ya's out), then go for a walk!

get: A 6 ft flat nylon or leather leash and a collar.
Download the Feng Shui with Fido™ training tip "How to play fetch".

use: The leash helps create eye contact from you to your dog and helps connect the word heel to an action.

why: Using the leash, practicing in the house, understanding that maybe you should play fetch first (before going on that walk) breaks up that pattern for your dog of pulling you. The process of using the right kind of leash and understanding that you are driving this car, not your dog, gives you dog owner confidence! If your dog pulls you, pivot in the opposite direction and say in a happy voice "let's go" and your dog really will follow you!

where: Practice in your house first. Yup, put the leash on



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and walk around your house. Walk a few steps and then stop and say "sit" (as you say sit, gently lift up on the leash) and repeat "sit" as you do that. This process teaches your dog to play follow the leader and creates eye contact.

How: Put the leash on your dog. Have your dog walk on your left hand side.

- a) Begin by asking your dog to sit. Gently lift up on the leash and say "sit". Repeat this until your dog sits. No, he's not stubborn! He just does not know the sit command. When your dog sits then say "good sit". The leash and your voice create eye contact and praise. Plus, it's fun because your dog loves to please you and now you are finally showing him in a way that makes sense to your dog!
- b) Then say "heel" and begin to walk. If your dog pulls you, pivot in the opposite direction. Keep your voice happy and keep walking. This will become a fun game for your dog to stay at your side. Stop occasionally and break up the walk by stopping and having your dog sit. That way you are keeping the communication and eye contact going which stimulates your dog to actually please you.
- c) Remember to let your dog sniff and go potty. Don't be too militant with heel. 'Heel' means at my heels. Use



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the command in busy streets and when other dogs are across the street. When no one is around, let him be a dog and sniff.

when: Apply the command 'heel' on walks. The key to making this command work is to play a game of fetch first in the yard, then go on a walk. Let your dog sniff and do his bathroom stuff and then apply the heel command.

Tips: For new puppies: Start walking your pup on a leash in your house. Use a squeaky ball or toy in your hand to get your pup to focus up at you and to make it fun to walk. Remember, baby steps.

Energetic dogs need a game of fetch in the yard first, then a walk. This will make heel happen better for you on your walks. Remember to pivot or walk in the opposite direction when your dog attempts to pull.



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