

Reactivity and Overexcitement in Puppies Success – Quick and Easy



Step 1 – Preparing 🐾

- Understanding reactivity: This is an unwanted dog behavior that is associated with a trigger.
- Understanding the trigger: what makes your dog react in a negative way? For example, is it guests or you returning home, other animals? In any circumstance, it is essential to find where the “element of surprise” is for your dog.
- Understanding reactive behavior: **OVEREXCITEMENT** is at the top of the list. Some common forms of this may include over-vocalization, hyperactivity, submissive urination, panting pacing and fear. Less commonly, aggression.

Step 2 – Action 📺

- After finding the element of surprise, you can begin working on it.
- As much as possible, prepare your dog for what is to be expected and for the desired behavior. For instance, if your dog does not already know these commands, these will become extremely useful:
 - Sit
 - Down
 - Wait
 - Stay
 - Go to “place”
- Before or right as the thing is happening, redirect your dog to respond to a command and take a treat. It is important that your dog is already well versed with the command and to always pair the command with a high value reward (different than the norm). We have found success with our collies with long lasting bones and going to “place” for the bone as soon as the sensor sounds that alerts us to someone approaching our house. But in other circumstances, a piece of meat would suffice along with a command for immediate redirection as soon as the dog is reacting to the trigger.

Step 3 – Command ☑️

- For immediate results, you should recreate at a minimum, the trigger, 3x a week at the beginning of training. Do not expect the dog to respond to the command at first without a lot of effort on your part to get their attention. When they start doing so, praise and reward.
- Another aspect of this is keeping your dog under control. If you are not the trigger, or outside, etc. you can use a short leash during the trainings and slightly tug to get your dog’s attention.
- Now, if YOU are the element of surprise, such as returning home, then this is an easy one! You want to do the exact opposite, ignoring your dog (even the submissive urination) until they are calm enough to respond to a command. Command, treat, and give lots of love and attention once CALM.
- This should improve over a month or two if you stick with it 3x a week.

Best of luck!! 🐾