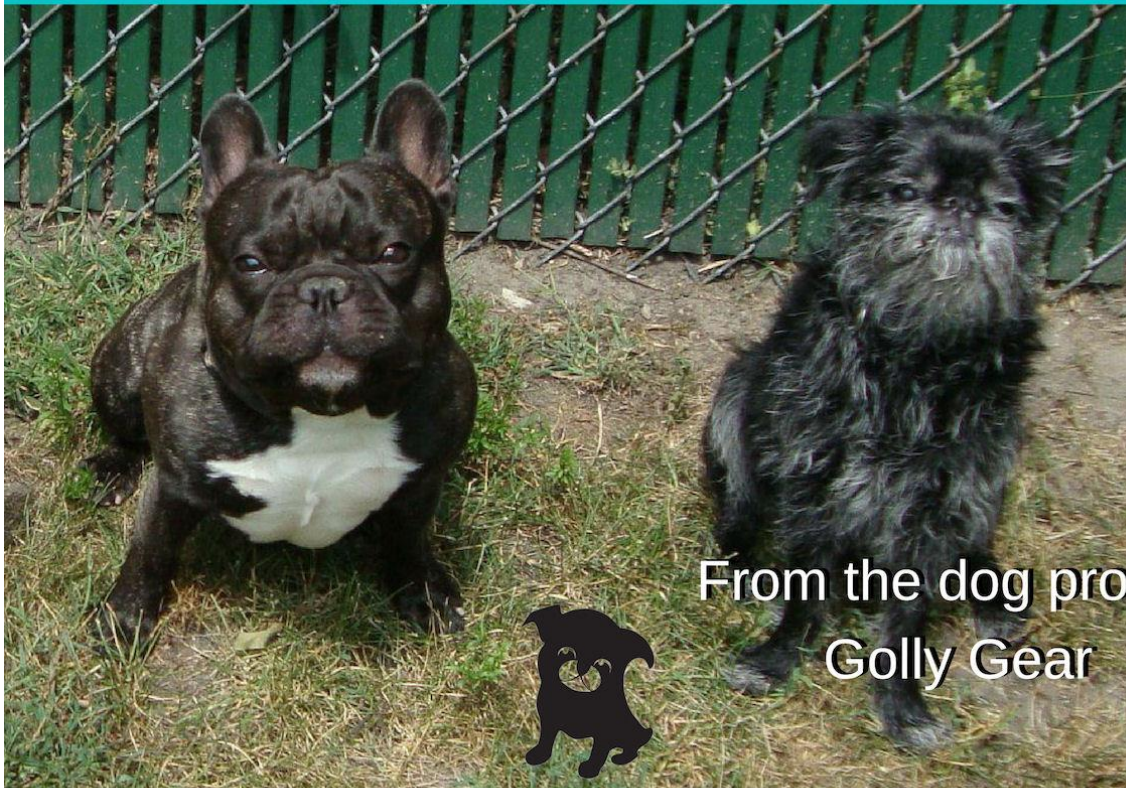


2-Minute Trainer - Intro

**Start some fun
with your
great dog!**



From the dog pros at
Golly Gear



2-Minute Trainer:

Start Some Fun
With Your Dog



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Fran Saidel

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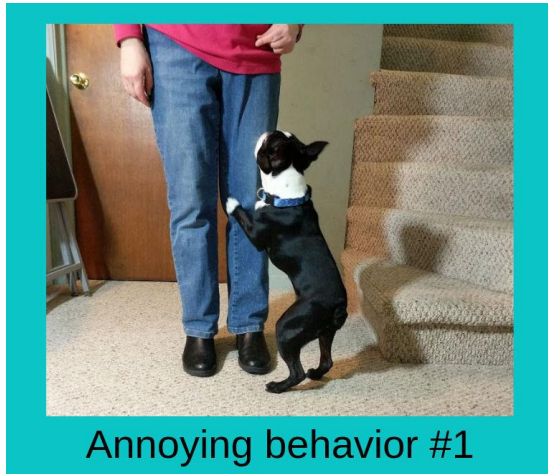
2-Minute Trainer:

Start some fun with your dog!

Lucky you!

You are so lucky! You have the best dog in the world. We know because you've told us so. And every single one of you is right.

Your dog is smart, funny, clever, goofy, and, on occasion, naughty. He or she is the best companion and friend anyone could want. **Except for, maybe,** those one or two annoying things that make you crazy and you just can't seem to get your great dog to stop.



Annoying behavior #1

The primary ways of dealing with a dog's naughty behavior are:

Ignoring it. It's just not annoying enough to make an issue of.

Managing it. It's an issue, but one that can be avoided or worked around so everyone's relatively happy.

Training it. It's something that needs to be changed.

There are a few, extraordinary people in the world who are just incredibly attuned to dogs and seem to know the right thing to do and say all the time. We're not among them, but it's a skill we've learned and we can show you how to communicate with your dog, too!



We've been where you are

And we think **it's easier to learn from someone who's been where you are**. For example - we're not neat and tidy people. When we decided to become more organized, we learned best from people who started where we were. Naturally tidy people just couldn't seem to understand those of us who are, by nature, hoarders. To learn to be organized, we called on people who became organized, not people who were born that way.

It's like raising a child

Training a dog or puppy is, in many ways, akin to raising a child. But there is one huge difference. We've all had tons of help - experiences, teachers, friends, relatives, who've shown us, throughout our lives, how to raise a child. Your own parents, grandparents, siblings, relatives, teachers, friends' families, all have provided models we either copy or reject in raising our own children. And help is, generally speaking, only a phone call away when we have parenting questions or issues.

Training is different from when you were young

Dogs are different. You may have had a dog as a kid, but weren't really involved in training. You may have taught your childhood dog some tricks, but the family dog wasn't really your responsibility. You may not have gone to training classes, but even if you did, times have radically changed. Believe it or not, there was a time when "experts" actually advised people to smack their dogs with rolled-up newspapers when they acted inappropriately. Now both the physical punishment (fortunately) and the newspapers (unfortunately), are relics of the past.

Our Goal

Our goal is to be your dog resource, your coach, providing you with all you need to live your best life with your dog. There isn't any one "right" way to train a dog, but we think the best way should also be fun - for both of you. It shouldn't take long, be stressful, or cause either one of you any pain - either physical or mental. So put away all the old notions of dog training. It's not a chore - **it's a chance to play with your dog. 2 minutes at a time!**



Warning!

Warning: once you start seeing results, **you'll be addicted!** It's just too much fun to take a couple of minutes to play/train your dog. You'll have **treat bowls in every room**, just so you can "stop, drop, and play!" On the stove. In the office (yes, we do have a lizard figurine). In the living room.



You're always training your dog!

Everyone who owns a dog is, whether you realize it or not, training their dog all the time. **Dogs are sponges** who are always observing us, learning from us, and adapting to us. Your bond with your dog is real. And you both share a common goal - you want to live happily together.

Historically, training has been a necessary evil - a task you had to do, but neither you nor your dog would enjoy.

That's just wrong. Almost every interaction with your dog should be stress-free. It should be fun - for both of you.

When we're having a bad day, and everybody does, just spending a few minutes with our dogs can turn it around. No one is as happy to see you, spend time with you, or listens to you as delightedly as your dog. Take advantage of that unconditional devotion.





It only takes a few minutes at a time

“A few minutes” is key. Nobody has unlimited time. With all the demands of life, it’s hard to carve out large chunks of time for anything, including spending time training your dog. An hour of class, plus every day homework, seems too much for many, if not most, people to take on.

So your much-loved dog becomes another source of guilt and stress. We know we “should” be doing something with her, but we only have a couple of minutes before the

next “must do” demands our attention.

And we really don’t know what we can do in the limited amount of time we have. We don’t want to get him too “amped up” before we have to run out to attend to the next errand on the list

That’s why we developed the 2-Minute Training method. If you can’t find two minutes most days to spend with your dog, you probably shouldn’t have one.

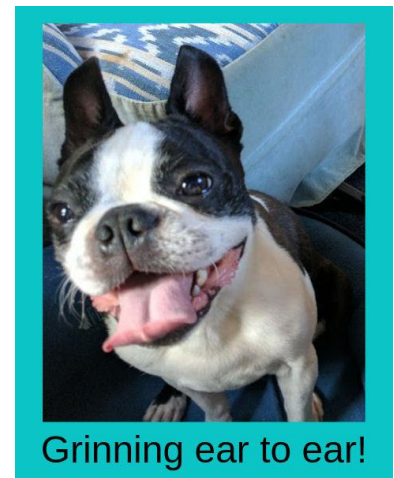
And, believe it or not, a few minutes spent training will exhaust your dog more than a half hour of fetching a ball. Remember how tired you were after school tests? And how physically tired, but mentally energized you are after a physical workout? Dogs are pretty similar to us that way.

Intense thinking is exhausting, and we’ll be asking our dogs to use their brains, not just their muscles.

You’ll both be happy and proud

Just a couple of minutes, a couple of times a day, can make an enormous difference in the quality of life with your dog. Both of you will be happier, and have a sense of accomplishment.

Have you ever witnessed your dog being proud of himself? It’ll happen. And you’ll both be grinning from ear to ear.



Grinning ear to ear!

Roger Caras, the late president emeritus of the ASPCA said, “Dogs have given us their absolute all. We are the center of their universe. We are the focus of their love and faith and trust. They serve us in return for scraps. It is without a doubt the best deal man has ever made.” He was right.

Speaking the same language is key

The first thing to do is get you and your dog speaking the same language.

Studies have shown that dogs are capable of understanding several hundred words. It's up to us to teach them that vocabulary.

Going back to our comparison with parenting, have you ever watched adults interacting with babies? Babies are non-verbal, but their brains are being prepared for language. Long before the baby understands what numbers are, their parents are counting toes, and fingers, and everything else around. And pointing out colors, letters, naming everything in the world around them.

We need to give our dogs **clear understanding of the words** we want them to know.



When you see your dog sitting, you can say “good sit!” or tell him/her “that’s sit!” It takes no time at all, and it tells your dog several things: you’re paying attention to him/her (which he loves), he’s being good, and the “thing” he’s doing has a name. Over time, whether you’re consciously teaching “sit” or not, your dog will learn the word.

But do you ever command your dog to “sit down!” And wonder why your dog, who you’d swear knows “sit,” doesn’t do it?

Well - **which command did you mean?** Sit? or Down?

Dogs really are that literal. We were recently caught in that trap ourselves, even after all this time. One of the fun things we’ve taught our dogs is “back” - meaning they should back up. And they do.



We thoroughly confused them when we let them out into the fenced-in yard and tried to shoo them into the rear of the house by saying “Go in back!” We had a major traffic jam at the side door! We’d called it the “back yard” for so long, we didn’t even hear ourselves for a while. Things got straightened out as soon as we started saying “Go yard!” instead of “Go in back!”

Many dogs worry about being wrong

Dogs love playing with their people and **want to do the right thing**. Which leads to an unexpected side-effect, which is that many dogs worry about being wrong.

Dogs exhibit stress or worry in a couple of different ways. If you’ve ever told a dog “NO!” or given a “correction,” you may have seen the dog either “get crazy” which is stressing high, or “shutting down”, which is stressing low. These are two sides of the same coin.

If you see your dog turning off, it just means that the dog doesn’t understand what’s going on. And it’s up to us to clarify and help our dogs “get it.”

Dog training, for both you and your dog, isn’t a steady, always upward curve. If you charted it on a graph, over time you’d see the upward trend, but if you looked at a smaller section, like any other chart, you’d see dipping and soaring equivalent to any roller coaster ride. There are good days and not-so-good training sessions. And it does require time and patience.

Each session is short, just two minutes. And you might not think you’re getting anywhere fast. And then will come the session where your dog “gets it” and you’ll both be grinning from ear to ear.

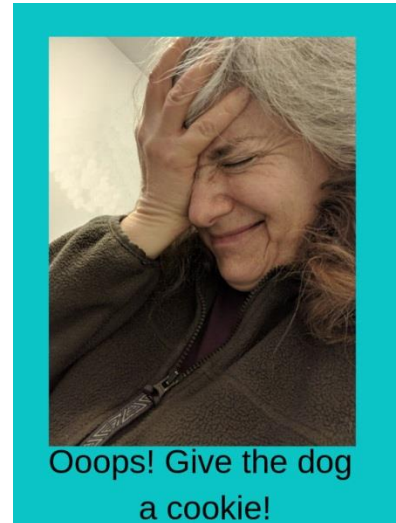
Dogs don’t really have shades of gray. They don’t “get what you mean.” They listen to what you actually say, regardless of what you mean.



Introducing the “oops” cookie

Which is why, **when WE mess up, (everybody does) the dog gets an “oops” cookie.**

When you make a mistake in dog training; your timing is off, you said the wrong thing, you missed rewarding a behavior, be careful how you react. Don't groan, or hiss, or get mad at yourself. Your dog doesn't know you're frustrated with yourself, not her. She'll think she did something wrong and may “turn off.”



Instead, in a cheery voice, just admit to your dog you messed up, and give her a cookie. **She'll never tell anyone you're not perfect.** Because, in her eyes, you are and always will be.

Speaking of which, we have a bit of news for you. Your dog isn't perfect. But he/she is the perfect dog for you. You know each other inside and out. And no one shares the love between you. Yes, your dog does love every member of your family - but every family relationship is different.

All family members can have a 2-Minute Trainer session!

And all family members can enjoy their own two-minutes sessions with the dog. You can train the same “stuff” or each have your own trick, or behavior to play with.

You do have to be aware of your dog's strengths and weaknesses. No two dogs, even of the same breed, are identical in personality, learning style, or receptivity to training. **And what works for one dog may not work for another, even if they're closely related.**

For example: Hope's French Bulldog Teddy became a master of the “Put Your Toys Away” game. Hope would throw a bunch of toys down, along with a wash basin at the other end of the space. Teddy's job was to take each toy and dump it into the wash basin.

It took a while to teach, but it became one of their favorite games. Hope, because it was adorable. And Teddy, because he got a cookie for each toy that went in the bin. This game was relatively easy for Teddy to learn



because he never cared about toys. Especially soft toys. He cared about the treats.

Hope had to find another way of teaching the same behavior to her other Frenchie, Torque. Torque adores toys. All toys. He's obsessed with toys. And he thinks anything has toy potential.



Torque puts plastic spoons in a bin.

So Hope is using some old, plastic kitchen utensils; spoons, spatulas, and pasta forks to teach Torque to "hold," "carry," "come over to the basin," "drop it in the basin."

Each of these is a separate behavior. The finished product in Teddy's videos is "put your toys away," but there are many intermediate steps to get there.

Break it down and it works!

That's why the 2-Minute Training method works. We're breaking down each behavior into tiny little increments that are quickly taught and quickly learned. We're not asking our dogs to climb Mt. Everest. We're asking them to climb one step.

Think about things from your dog's perspective. A tiny puppy looks at going down a staircase like falling down a mountain. But if you start teaching stairs at the bottom step - it's just a tiny jump into a huge reward! Mom or Dad is waiting at the bottom with a celebration of praise and treats!



One step at a time.

Your dog training plan

One of the most time-consuming parts of dog training would be figuring out your individual plan with your dog. Setting aside the time, sitting down, thinking about what you'd like to achieve with your dog and considering what the tiny steps are that get you to your goal.

We, your coaches are taking that tedious task away! It's why we're here. Each month you'll have your plan and all you need to achieve it. As



you become familiar with the system and more proficient, you'll be able to use it to **achieve anything you want** for you and your dog. We'll lay it out, step by step, to help you and your dog learn together.

Identify the steps in a complex behavior

And that's the key to teaching your dog anything. What are the steps in learning and teaching that complex behavior? Keeping in mind that dogs are very literal beings.



Our students will swear up and down that their dogs "know" sit. Of course all healthy dogs know "how" to sit, but do they really know the word for it? We'll tell the student to step aside, look at the dog and say "sit." About half the time, the dog will do it. The other half, not so much. And the student will explain "Fido always does it at home!" And that's the key. We've taught our dogs not only the word, but the place for it. To truly have our dogs "know" sit - we have to **take**

the show on the road. Tell them to "sit" in every room in the house, in every part of the yard, the neighborhood, the hardware store, the park, the veterinarian's office, the groomer, etc.

Dogs are literal beings

Dogs are just that literal. And it holds true for every single thing you teach them. Generalizing the behavior for everywhere and every situation is another thing dogs have to learn. That's a major difference between people and dogs. Everywhere. At different times of the day. And when different people are around.

Highlighting the difference between learning in people and dogs - can you imagine a child learning to use a fork at home, but being baffled at a restaurant or school cafeteria? Once a human being learns a skill, we're able to perform that skill in various situations. We're good at "generalizing" the behavior.



Generalizing is something dogs have to learn. It's a huge way their brains work differently from our own. We recognize similarities in different situations. A hotel bedroom in a different city is used for the same thing as our own bedroom at home. A dog may have no idea what's going on - only that it's different.



Down or sit - anywhere!

The good news is that dogs are easily taught. Ours have learned to love staying in hotels - especially if there's room service!

Stubborn? Obstinate? Spiteful? No!

When dogs don't perform as expected they're often accused of being stubborn, obstinate, distracted, or even spiteful. None of these are truly part of dog personalities.

The dog who isn't doing what it's told is probably confused. He's looking away because he doesn't understand and doesn't want you to be angry with him. And that "look away" in dog language, is "I'm sorry, don't hurt me." But people may think that they're being ignored. And get frustrated, even though the dog may be trying, but not understanding, what's being asked of him.

And that's the root of many, if not most, of the issues we have. There is a misunderstanding between what's being said, and what's being understood.

Have you ever been frustrated when you ask your dog to do something and he/she "deliberately" looks at you and does exactly the opposite? Or disengages and walks away? Have you ever accused your dog of being "stubborn" or "spiteful," or "defiant?"

None of those are dog things. **It's a communications breakdown** between the two of you. Your dog is telling you he/she doesn't understand what you want and he/she doesn't know how to make you happy. And,



regardless of breed, or age, or size, or temperament, **healthy dogs want to make their people happy.**

Dog communication

They may all go about it in different ways. Every dog has its own personality and will find his/her own way to communicate. Some dogs bark, or bounce, or get the “zoomies.” Others will turn away, hide, start sniffing, or just hang their heads.

There are degrees, of course. Different breeds of dogs were developed to perform different jobs. Hunting dogs, sporting dogs, herding dogs were, for the most part, bred to work cooperatively with people. Terriers and ratters, which include most of the smaller breeds, were developed to work independently. Their wiring is a bit different, and may take a bit longer, or a different approach, or a few more repetitions, before they truly understand a new “job.”

Lack of understanding and miscommunication cause stress for your dog. And dogs show stress differently. In that moment, some lick their lips, turn their heads to the side, scratch their necks, lick their paws, or even yawn. If your dog is yawning, it doesn't always mean he's tired. It can mean he's nervous or worried and doesn't know what to do about it.

Body language in dogs is a powerful communicator. And it goes much deeper than just a wagging tail. None of our dogs has a tail, but they all are fully capable of telling us they're happy!

Observing your own dog's particular ways of communicating with you is a terrific start to enhancing the communication between you. Say your dog loves going for walks, and reacts with delight when you reach for his/her leash. You know she's happy - but what, exactly, is she doing that tells you? Is she barking? Spinning? Hopping up? Jumping on you? What triggered the behavior, and how can you use that information?

On the flip side of that same coin - is your dog afraid of the veterinarian? How does he telegraph that emotion?

Noticing your dog's reactions in different situations will help you create the relationship you want, deepen your bond, and make your partnership with your dog a joyous one.



Our dog + person vision

When we get a dog, however that happens, we all have a vision in our minds - the ideal, picturesque dog+human pairing that fairy tales are made of. Of course, it's nonsense. And we all quickly realize it when our new family member pukes on Mom's Persian rug, chews up the dining room chairs, knocks over Cousin Suzy, or counter-surfs and eats the roast that was resting on the counter.

Be grateful! The naughty ones, the dogs or puppies that get in the most trouble, are the smartest, most creative, problem-solving, trainable dogs there are. **We always want the most incorrigible dog!** That's the one that will be the most fun, engaging partner in this journey.

Your dream is possible!

Your dream of having the ideal companion who can go anywhere with you, be welcomed by everyone, is possible. You'll be able to take your dog to sidewalk cafes. Your dog will be welcomed into your friend's homes. Your dog will know his "manners" and show them off wherever you go. You can do it. Even if your partnership got off to a rough start. Even if there are naysayers around you. **We know you can.** And we're your dog's Grammas!

As you embark on your training journey there'll be so many things you want to teach your dog. Whatever you can think of, you can teach your dog to do, from a simple polite greeting for guests, to the most complex and challenging behaviors, you and your dog can do it!

Set priorities!

As you learn the 2-Minute Training method, you'll learn to set priorities. Two minutes is a very short amount of time. **You won't get everything done in one day or one session.** And some sessions will be incredibly frustrating and you'll cut them short for your own sanity.

And then you'll discover the magic of "**delayed learning.**" And the "thing" you'd swear your dog would never "get," is performed perfectly the next day. Or the next week when you ask for it again.



Delayed learning is real!

Studies have shown that dogs who rest or have a break between training sessions are more successful at retaining and performing the behavior in subsequent sessions. Dogs that went from training task to training task outperformed the “break dogs” that same day, but that knowledge wasn’t retained for later sessions.

The dogs who worked on one thing only, then had a break for a nap, or a long walk, performed better in the long term. Which is one reason you should never worry about a 2-Minute session that doesn’t go well, or as planned.

Don’t worry about one bad session

A “bad” session doesn’t mean that your dog didn’t learn anything. It doesn’t mean much of anything, actually. Your dog could be distracted, have a tummy-ache, really needed to pee, or smelled something the last time you went outside and can’t get it out of his/her head.

Or it could be you. You’re distracted, worried about a work deadline, a relative’s health, making the rent payment - anything.



Nice down, Simon!

A single bad session, or bad day, is **no big deal**. You may be pleasantly surprised when your dog performs brilliantly the next time you train. Or finally “gets” the thing you’ve been working on forever.

Dog brains need time to process. We’ve heard it called lots of things; latent learning, switch to long-term memory, programmed response.

We don’t know what to call it, but we know it happens. And when you and your dog are familiar with the 2-Minute Method and expand on it to make it your very own - there’s nothing you won’t be able to do. And have a world of fun. Both as you learn and perfect a new behavior, and when you gather accolades from your friends when you show them your latest triumphant video.



Ready?

So are you ready to get started?
Excellent!

Gather the tools you need:

- pen
- paper
- Timer (We recommend a kitchen-type timer. Phones are too tempting a distraction!)
- treats
- sense of humor
- willingness to play
- positive attitude
- collar and leash
- dog

Actually, that's the list for every Two-Minute Training session in your future.

For the first one - all you need is that pen and paper. For two minutes, think about your dog.

If you're like us, the first things that come to mind are all the **wonderful traits** that make you love him/her. How happy he is to see you when you come home. How cute she is when she tilts her head. How great it feels when he cuddles against you when you're watching tv. How silly he looks when he's grinning bringing his toy back to throw again.

Great!

Now list all the **annoying things** you'd like to go away. That he jumps on your best suit. That she won't stop barking when the curtains are open. That he doesn't understand that towels aren't chew toys.

And when that behavior starts to change - when you see your dog stop and think, that's when you'll know this is the right method for you.



Illustrating the 2-Minute Trainer

We'll pick one and show you how it goes. Let's choose **barking** and illustrate the 2-Minute Method.

Get all the good stuff from the list. Be sure your dog is on leash. This is all very new for both of you, so take a deep breath and read all the way through these steps before you start. You won't have time in two minutes to consult a "cheat sheet," so get a clear picture in your mind of what you'll be doing.

Go into the room where the curtains or blinds are closed - near the window your dog is always watching/barking at.

By the way - it's a good thing you've closed the curtains rather than giving up and letting your dog practice bad behavior - **give yourself a training point!**

Start the timer

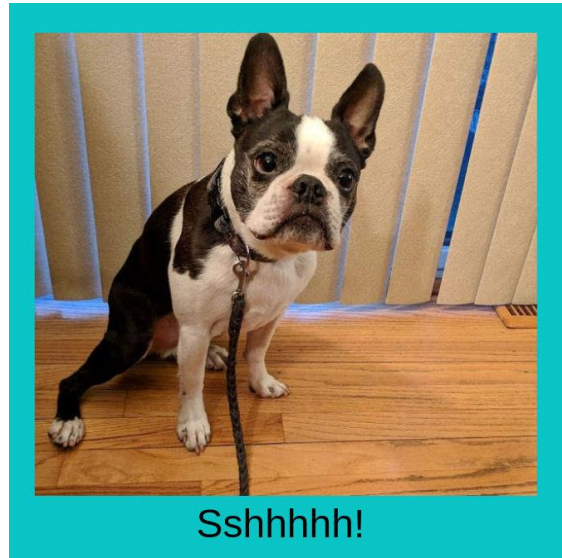
Start the timer and have a bunch of treats in your hand. Open the curtain/blind and say your dog's name. **When she looks at you, give a cookie.** Be right up close to your dog.

If your dog isn't quiet, **back away from the window** until you're at a distance where she's quiet. If that happens to be in the next room, where she can't see, that's okay. Distance is your friend.

Whenever she's quiet, give her a treat. If she barks while you're delivering the treat, pull your hand back and wait. Only give treats when she's quiet.

And, when she's quiet, give her the word for it. "Good quiet!" Dogs are always listening to us - give her the vocabulary she needs, while it's happening, so she knows what she's doing right.

If she "chuffs," or makes a little noise, then looks at you, know you're making progress! She thought about it before letting loose.



So many treats in 2 minutes!

By now, about 50 treats are down the hatch and your two minutes are up. And you're incredibly discouraged, because you saw absolutely no difference. And you're worried your dog will get fat with all those treats.

Yup - **you're doing it right!** Close the curtains back up and figure out when you can play again.

Next time

Next time you'll take a few steps closer to the window. She'll look at you a few more times. You won't have to back as far away.

And one day, sooner than you'd think, she'll be making herself cozy in the dent she's made in the cushions at the back of the couch. It's where she sits to watch the world go by, happily and quietly. It can be done!

It takes a little time. It takes patience. And it takes a coach who's been there, done that, at your side.

We're here, every step of the way. Tell us about your concerns, your issues, your trials, your breakthroughs, and your fabulous successes!

Keep your ultimate goal in mind

While you're doing it, keep in mind your ultimate goal. With this behavior, you probably still want her to bark at a person coming to your door. We wouldn't dream of trying to change that! But we also want her to take it in stride when a car goes down the street, or a leaf blows by. Or a package is being delivered across the way.

Next time, when you're closer and she can actually see what's going on, pay attention and say her name when you see a car, or a leaf. If she looks at you, **"good quiet!" and a cookie.** If not, don't say anything and back up a bit. It may be too much, too soon. That's okay. There's always next time.

Your dog won't get fat!

And don't be too concerned about your dog getting fat. If you feed dry food, you can actually use your dog's kibble for training and make meal time coincide with training. There's a school of thought that advocates never



using bowls - all good things should come from you! It does work, but can be too much of a commitment. Whatever portion you can do is worth trying.

Pay your dog!

Treats are your dog's "payment" for a job well done. You wouldn't work for nothing, so don't make your dog do something you wouldn't! **Pay your dog!**

We use a "**trail mix**" of different treats - some our dogs adore, some they like, some they're indifferent to, but are low-calorie and fill out the mixture. Oat circle cereal is a good filler for your trail mix. If you jumble it all together, those plain oat cereal bits will smell like the best Turkey Heart Treats and will be just as appreciated!

GOOD does not equal NOT RIGHT

It's important at every stage of training that "good behavior" looks different than "not right." Take every opportunity to celebrate the good stuff. That's the impression you want to make on your dog. And the thought process you want for your dog is: "**My owner is happy when I do this, I get treats when I do this, so I think I'll do this some more!**"



Let's have fun!

There aren't any short cuts in dog training. It takes patience and trust. It's also fun and rewarding in ways that, right now, you can only imagine.

Welcome to the 2-Minute Training method. Have fun!



Everybody sit!

