



Loose Lead Club FREE Dog Training Guide

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Loose
Lead
Club
Basics

Welcome to the Loose Lead Club



Hey there, dog owner! Are you feeling puzzled about how to address your dog's behaviour?

Welcome to our free basics guide for managing your dog's behaviour. If you're here, it means you're ready to make a change, and we're here to support you every step of the way.

Here's the reality: there's no "quick fix" for your dog's behaviour. It requires time, patience, and, most importantly, a well-structured plan. This guide is more than just a collection of tips; it's a comprehensive system. Each step builds on the previous one, like puzzle pieces, so it's crucial to follow it thoroughly. Stay committed, trust the process, and we assure you that you'll witness significant transformations that will enhance life for you and your dog, offering you hope for a brighter future.



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My story



I became a dog owner with minimal experience, similar to where you might find yourself now.

Equipped with the knowledge I had gathered from my parents, who successfully owned four dogs, along with numerous puppy books and Zak George videos, I was eager to apply a modern, science-based, and compassionate approach to dog training that resonated with me.

We travelled to Wales and welcomed Reggie, our 8-week-old Welsh Terrier, into our home.

However, our online puppy class started slowly; Reggie was challenging. He struggled to keep up with the other dogs and seemed more interested in everything around him than us.

We were advised to find high-value treats and take our time with him.

As we worked with him, he began to display more unwanted behaviours.

Fast forward to Reggie at seven months old, facing a severe risk of being re-homed and having consulted three behaviourists. The situation felt critical.

At one point, he left me with stitches, shattering the lovely puppy experience we had envisioned.

Determined to persevere, we discovered a few trainers in the UK who were achieving remarkable results and sharing their techniques on social media.

Unable to find anyone nearby, I took the initiative to apply their advice. Gradually, we witnessed change as we learned about the dog we had before us.

None of this information was included in any puppy or dog training resources we encountered; it was straightforward, easy to apply, and significantly enhanced our bond with Reggie.

Please continue reading to learn how I implemented these strategies to transform my experience with Reggie and now share them with other dog owners.

I hope you find this resource beneficial!

Warm regards,

The Loose Lead Club Team!

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Where to start?



The Vets



Before training our dogs to enhance their behaviour, it's crucial to rule out any discomfort influencing their actions. A chronic ear infection can often lead to significant irritation, making our dogs feel unwell and prompting them to behave atypically.

Consult your veterinarian to assess any pain resulting from muscle tension. Make sure they receive a thorough ear examination. Have the vet thoroughly inspect the hip area for tightness or signs of hip dysplasia, ensuring your dog's health is in good hands.

We are partnered with VETSY

What they offer:

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Loose Lead Club Dog Training

Vetsy

Where to start?



Sleep zzz

Is your dog getting sufficient sleep? Dogs typically need between 16 to 18 hours of sleep within 24 hours. Many dogs I encounter don't get enough rest. Ideally, they should sleep in uninterrupted blocks of 2 to 4 hours without excessive movement or pacing from room to room. Consider the image of a stray dog peacefully napping under a tree in a warm climate. Our pet dogs often remain on high alert, experiencing constant stress.

Fostering an environment conducive to rest and sleep is essential. We will discuss achieving this later in the guide via crate and place training.

Where to start?



Diet



You've likely heard the saying, "You are what you eat," which also applies to your dogs. While we aren't nutritionists, we suggest visiting allaboutdogfood.co.uk to assess the quality of your dog's food. Choose options that fit your budget and suit your lifestyle. There isn't a one-size-fits-all approach to dog feeding, but it's crucial to ensure your dog maintains a healthy weight appropriate for its size and breed.

We like to use DARF cold-press food, which Sally, [The Canine Dietician](#), recommends. All our dogs are fed this and do really well.

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How to give my dog what it truly wants!



Exercise

Our dogs are naturally bred to run, and they deserve more than a quick 20-minute walk around the block each day, whether at a brisk pace, leisurely, or something in between. Unfortunately, many owners find that their dogs' behaviour restricts where they can take them.

For those dogs whose behaviour doesn't hinder their outings, aim for a minimum of two walks lasting at least 40 minutes each day. Mixing it up is also essential; if you're tired of visiting the same park daily, your dog likely feels the same way. Consider exploring new walking locations to keep things interesting for you and your dog.

Here are some things you can do to ensure your dog's exercise needs are met:

- Play with a ball on a rope**
- Flirt Pole games**
- Scatter Feeding outside**
- Long line walks**
- Rent a field if the budget allows**

How to give my dog what it truly wants!



Breed Specific fulfilment



While it may initially appear complex, the process of understanding your dog's breed instincts and incorporating them into training is actually quite straightforward. Begin by asking yourself: what was my dog bred to do?

Incorporate activities that align with that specific purpose into your daily routine or every few days.

For instance, my Terrier has a strong instinct to hunt. To satisfy this, I engage him with a tug toy light enough for him to shake as if he were subduing prey.

On the other hand, my Malinois has a natural tendency to bite, so I provide toys that allow him to bite down fully during play, enabling him to fulfil that instinct.

By considering your dog's original purpose and finding ways to integrate that into everyday activities, such as formal training or walks, you're not just training your dog-you're enriching their lives and strengthening your bond.

Spaniels love to hunt out a toy in the bushes, sausage dogs love to play tug and shake it, and collies love to stalk a ball before getting it. You get my point. Provide the dog with a genetic outlet every few days.

Build food drive



But my dog isn't food-motivated??

**Every dog is motivated by food.
Otherwise, they would be dead.....**

**You may likely have made one or more
of the more common mistakes.**

- **delivered poor-quality food. See the diet section**
- **made the food too easy to earn and decreased its novelty**
- **Tried hand feeding for 24 hours and given up.**



What to do about it?

Hand-feeding is an excellent method to strengthen your bond with your dog, foster trust, and tackle challenges such as food guarding, reactivity, or overexcitement at mealtimes. Here's how to do it successfully:

Step 1

- **Choose a peaceful time when your dog is calm, relaxed, and not too distracted.**
- **Make sure they're slightly hungry to encourage their motivation to interact with you.**

Step 2

- **Keep going; many people give up when the dog hasn't eaten in 24 hours. It might take up to 72 hours.**
- **Keep it to simple environments**

Step 3

- **Start introducing a novel noise. Either the sound of a clicker or a verbal cue. I use the word YES. This means you don't have to remember a clicker.**
- **Once the dog starts taking food, start making a noise when it takes it. Food, then mark. Click or YES.**
- **Test whether your dog is outside or distracted in the house. Make your mark noise and see if they respond. I bet they respond to the fridge door. They should respond to the mark sound as quickly as possible.**

Step 4

- **Start introducing the terminal mark into your training**
- **The system: Ask the dog to do a behaviour they know. Say good and reward in the position you want. They say YES and can come out of their position to be rewarded.**



House rules

Put a lead on it!

Allow chaos inside; you'll have chaos outside.

Whether your dog barks out the window, doesn't come in when called, jumps on the furniture, runs up the stairs, or jumps on guests, these unwanted behaviours must be addressed. If these issues are not dealt with, you can't expect your dog to be a shining example of a well-trained pet in public.

What you allow indoors will reflect their behaviour outside.

The Solution:

Put a lead on your dog indoors until you're completely happy with its behaviour. Cut the handle off so it can get caught under doors, etc.

Having a lead means you can control them, stop them from doing something, or if they are doing something, you can use the lead and stop it from becoming a game.

I have yet to work with a house behaviour case in which the house behaviour is calm, assured, and confident and has zero outside issues. In 99% of the cases we work with, the dog has too much freedom indoors and is often stressed and overwhelmed.

Having a lead-on means you don't allow your dog to be in a room without you; when they are in a room with you, you can stop them from doing unwanted things.



Control the dog's stress level



Crate training

Crates aren't cruel.

In 99% of cases we work with, dogs lack a designated quiet and safe space to retreat from the household's hustle and bustle. Crates serve this crucial need.

Can't I just shut them in a spare room?

It's crucial to understand that dogs are den animals by nature. They instinctively seek out cosy, smaller spaces for comfort and security. In contrast, spare rooms are often seen by dogs as just another part of the house, leading them to react to things outside the room and hindering their ability to decompress and get the rest they need.

If you have a crate-trained dog, use it after every walk or training session for at least an hour and a half. This will allow your dog to decompress from the excitement of the walk or training session.

Place or Bed stay

When your dog is out of the crate and 'free roaming' in the house, this is again a prime time for unwanted behaviour.

This is where the dog knows where it is appropriate to settle in a bed or place. Our rule is that you have 3 - 5 minutes to make a good choice to go and chill.

As the owner, it's your responsibility to direct the dog to a bed and help them settle, putting you in control of their behaviour.

Check out our Place training guide here on [Instagram](#).



What our clients say



Watch what our clients have to say



AND THE REACTIVITY MADE LIFE HARD

★★★★★ 10 months ago

After a year bouncing around trainers, we were at a sticking point in our training and not making any progress, our 15 month old dog had started to make lots of decisions himself through us giving him way too much freedom and choice, and I didn't have any idea how to rein it back in! I connected with Paul's content on Instagram, and found it so much easier to follow than a lot of the trainers we had worked with to this point. Paul spent 3 days with us, he got to know Pablo our dog and built a relationship with him and us, teaching us how to make things much simpler for Pablo and how to use tools to show him correct behaviour. Our dog would completely refuse to get into the car, backing out of his flat collar and for 3 days before Paul started working with us, we just could not get him into the car!! Paul fixed this so quickly I didn't even see it happen, and we haven't had any issues with the car since for 3 weeks. The same first day, Paul walked Pablo into a cafe and had him settled which is something we never could have done before! We still have lots of work to do with lead walking and relationship building but Paul has left me with the confidence to keep this training up, and we have already seen a dramatic improvement. Paul's a fantastic trainer, he understands the dogs needs and is able to communicate to owners in a very easy to follow way. I would hugely recommend to all owners. Can't thank him enough

★★★★★ 8 months ago

Wish we'd found Paul sooner!

Our dog had issues with anxiety on busy roads, to the point where he wouldn't turn in certain directions outside of the house/refused to walk. Before we found Paul we used a local positive only dog trainer but found the issues actually got worse rather than better with the previous trainer.

We booked a block of four sessions with Paul to help address the anxiety, pulling on the lead and help us with recall. Paul gave us such logical and easy to follow steps to work on outside of sessions and was so helpful outside of sessions too when we asked a lot of questions and he'd even send us tailored videos and voice clips to guide us through.

Our dog is now so much more confident outside on the streets and Paul helped us get him completely off lead too so he can now have a happier, more fulfilled life.

We've still got areas to work on but thanks to Paul we now know exactly what we need to do and can see how his advice really works.

It's 100% worth the money, I can't believe how much progress we made in such a short period. I also feel like it's a real investment in our knowledge and understanding of dog training and if we ever decided to get another dog in future we'd know what to do differently from the start. Thank you so

★★★★★ 6 months ago

I have a 3.5 year old working cocker x working clumber spaniel with an incredibly high prey drive. I was not able to walk him off lead anywhere because as soon as he saw birds/deer/livestock he would run off chasing them and not listen to me. The issue was getting so bad that we were not enjoying any walk that we went on, my husband wouldn't do any of the walking at all and we were not able to enjoy the lovely forest we live around. His behaviour was also seeping into other areas such as lead walking as well so we were having an all round bad experience! I had tried many different trainers and hours of implementing different training methods before I met Paul at Loose Lead Club. I was looking for someone who could help me with a specific method of training that I hadn't tried before and needed an expert to show me how to use the equipment in the correct way. Paul has completely changed my relationship with Windsor and we are now free to do off lead walks wherever we like with the confidence that he will come back. Paul has a great way of simplifying the process and helping me to see that we will get the end result I was looking for. I will be recommending Paul to anyone who is experiencing behavioural issues with their dog as his results speak for themselves!

★★★★★ 8 months ago

Paul Wilson made me love my dog again!

By the summer of 2023, I was so disheartened with the lack of progress in my reactive 2.5 yr old terrier E that most days I would be feel like crying or would be crying after walks. He had been attacked by larger dogs in two separate incidents in short succession while on lead as a puppy and this had changed him more or less overnight. He became reactive to other dogs both on and off lead; then occasionally aggressive toward me.

I went to a regular trainer, and then to two different behaviourists. All gave the same advice: 'treat and distract' from triggers. Unfortunately, this approach did not work and things got worse and worse. I felt so disheartened and disappointed in myself that me and my dog were so unhappy.

I found Loose Lead Club on Instagram and wondered whether Paul's different approach might work for my dog. Initially I asked Paul to take E for board and train but, to my surprise, after an initial assessment, Paul said that wasn't necessary. His honesty and genuine belief in doing what is best for the dog and owner meant that he took a different tack.

Through clear and simple instruction, Paul built my confidence back up, and I started to see results fairly instantly: my dog trusted me again as I started to trust myself again.

Watch what our clients have to say



The Results!

OH I THINK THE MAIN THING FOR ME IS THAT I



I'm confident that these tips can make a significant difference in your training journey.

These changes, which we have discussed above, are often the key to significantly changing your dog's behaviour.

Just making a start will make all the difference.

If you're still struggling, remember that we're here for you.

Book a free consultation call with us because your concerns are important.

We'll be happy to help.

p.s As you got this far, here is a 10% code off of all our services – Reggie10

