

# Quick guide to...

## Loose Lead Walking

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**Remember that it's natural for dog to want to pull, until they're taught not to.**

The reasons dogs pull include:

- Emotional: fear, anger, frustration, excitement
- Scouting behaviour: needing to be ahead to see what's there; wanting to be first
- 'Dominance': needing to check out the competition; territorial behaviour
- Social: desperate to get to other dogs and people
- Mating: wanting to get to the boys/ girls or wanting to get away from them!
- Not been taught how to walk without pulling

**To teach loose lead walking, you need to teach the art of self-control.**

A dog will naturally want to get to the thing they've seen/ have heard/ have smelt/ have remembered/ think is there. They will assume you, as a member of the pack, want to get there too! So they pull, and if you follow them, you will be rewarding them for pulling. To get them walking towards something without pulling requires a lot of self-control.

**The more emotional your dog is, the worse the pulling will be.**

The aim is to be able to keep your dog calm under pressure, so they can think through problems rather than just reacting. Most pulling will be forwards, or towards something specific... but some will pull away from you (resisting walking in a certain direction), or lean on the collar as you walk (always leaning to the side).

Teach your dog to sit and watch dogs playing, squirrels running, cars/ joggers/ bikes etc.  
Teach your dog to approach people and other dogs quietly and calmly.

**Find the techniques that work for you and your dog. And do it *all* the time!**

When your dog pulls, you could try:

- Waiting until your dog steps back/ moves to the side/ turns to face you/ walks toward you...then start walking again
- Turning a circle with your dog, or changing direction
- Making your dog circle round you
- Rewarding them with food (mainly) and praise, for staying by your side
- Using a harness or a head halter; especially if you don't have time to train, or you're going for a long stroll in the country.
- Using an extendable lead (not near a road!) to allow your dog to move around and sniff, but not pull (or run). This makes a much more enjoyable walk for both of you.