



## QUIET

Dogs bark for many different reasons. It is important to rule out anxiety or health issues as the reason for barking.

If a dog is barking for attention, the best thing to do is to ignore the barking. As soon as your dog stops barking, give her the attention she wants.

Demand barking is also very common, as many owners unknowingly reinforce this behavior. If your dog barks when she wants something, it is very important to ignore her and then give her what she wants once she is quiet.

**Extinction Bursts.** When trying to get your dog to stop barking by ignoring her, it is very common for your dog to first increase the intensity of the barking. Do not be discouraged when this occurs. This means that your dog has noticed a change in your response to her behavior, and she is trying harder to gain your attention. If you continue to ignore her, she will understand that the behavior is not rewarding even when she tries harder.

Extinction bursts are a good sign that your dog is responding to being ignored, and she will soon understand that being quiet is much more rewarding. If your dog is barking to alert you that there is someone at the door, you can teach her what Quiet means.

*It is very important to give your dog plenty of attention when she is being calm and quiet.*

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### Giving QUIET Meaning

- ➔ Begin by having treats handy and put your dog on a leash.
- ➔ Say **QUIET** in a happy tone when your dog is paying attention to you, then give her a treat.
- ➔ Repeat this several times until you notice your dog perks up when you say **QUIET**.

### Working in a Low-Distraction Environment

While your dog is sniffing something or playing with a toy, say **QUIET** in a happy tone. As soon as your dog looks at you and runs over to you, say **YES** and give her a treat. If you notice she is not responding to the cue, go back to the previous exercise and make sure she is consistently responding to the verbal cue.



# TRAINING GUIDE

## Adding Distractions

- ➔ Continue to say **QUIET** when your dog is engaging in a non-vocal activity such as sniffing the living room or playing with a toy, but this time incorporate mild distractions, such as having someone walk past her.
- ➔ If your dog does not respond with the distraction, go back to working on the cue without distractions.

## Working with Real-Life Distractions

- ➔ Take a walk around the block and say **QUIET** whenever your dog is sniffing a tree or interested in something at a long distance.
- ➔ Give her extra high value rewards for responding in a high-distraction environment.
- ➔ Once she is responding consistently with mild outdoor distractions, try to say **QUIET** when there is a bigger distraction such as another dog at a distance.
- ➔ This can take many trial runs as outdoor distractions are the hardest level for your dog to remain focused.

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## Using QUIET When Your Dog Barks

- ➔ Once your dog is consistently turning to you when you say **QUIET** in a high-distraction environment, you can begin to use the cue for when she barks.
- ➔ When she turns to look at you, as you say **QUIET** and interrupt her barking, be sure to say **YES** and immediately deliver a high value treat.
- ➔ Continue to practice in different environments, so she will generalize the cue over time.
- ➔ Practice having someone ring your doorbell or knock on your door and use the **QUIET** cue if your dog barks.

Remember that **CONSISTENCY, REPETITION AND PATIENCE** are key!