

Stop Hitting & Yelling: Teach Dogs the Right Way

Humane, science-based training that actually sticks

The Big Idea

- **Hitting & yelling don't teach**—they create fear & confusion.
- **Fear blocks learning**—brains in survival don't think well.
- **Rewards work**—pay the behavior you want so it repeats.

What Works: Manage → Teach → Reinforce

- **Manage:** Prevent mistakes (gates, leash, clear counters).
- **Teach:** Show what to do (sit, mat, look at you).
- **Reinforce:** Tiny treats, play, life rewards.

Why Force Backfires

- Fear of people & hands; more anxiety.
- Shut down or defensive snaps later.
- No new skill learned—just suppression.

Jumping on Guests (MiniPlan)

- **Manage:** Leash before door opens; have treats ready.
- **Teach:** Ask for *sit*; mark “yes,” pay sit.
- **Reinforce:** Paws down → greet; jumping → turn away, reset sit.
- Practice brief reps; add new people slowly.

LooseLeash Walking (MiniPlan)

- Use a frontclip harness.
- Tight leash → stop; slack or eye contact → say “yes,” move, reward at your leg.
- Short sessions (5–10 min), add distractions later.

When to Get a Pro

- Look for **CCPDT**, **IAABC**, **Fear Free**, or a **DACVB**.
- Good pros use rewards, management, humane plans.

Read the full guide: dontcagemein.org/articles/no-hitting-positive-training.html

