



Touch - *this is used when you need to redirect your dog from a distraction:*
Say your dog's name. As soon as s/he looks at you say "Touch". Count out one second (in your head). Bring your hand from your chest to about 10cm from your dog's nose. Your hand should be fully open, giving your dog a flat surface to touch his nose to. Be still, quiet, and wait. Avoid bringing your hand to your dog's nose. If no reaction from your dog within 4-6 seconds, remove your hand back to your chest, move your feet, and repeat. Say "touch" again only when your dog's nose is touching your palm.
When your dog understands the concept, change angles; teach your dog to touch your hand when it is extended on your left side as in the "heel" position, etc.

Follow - *this is used when you need your dog to move.* Teach this instead of grabbing for your dog's collar or pulling on the leash:
Say your dog's name. As soon as s/he looks at you say "Follow". Count out one second (in your head). Bring your hand from your chest to about 10cm from your dog's nose. Your fingers should be on your thumb with the index finger pointing at your dog. As your dog moves forward to investigate your extended finger, slowly move your hand away and move your feet a tiny step. Say "follow" again only when your dog's nose is following your finger. Praise/reward your dog for following your pointed finger. You may have a treat hidden between your thumb and middle finger and can deliver the treat to your dog as the reward for following your finger.
When your dog understands the concept, add more movement; teach your dog to move around you, to move to where you are pointing, etc.

