

FEAR OF OUTSIDE/ THRESHOLD GAMES

Helping your fearful dog learn outside
and walking isn't so scary



Confidence Building For Fearful Dogs Outside

(Start on the step where your dog is currently comfortable.

Use a long line leash needed when there is not an enclosed area or if dog is a flight risk.

Dog **ALWAYS** has the right to quit and go inside/back home.

NEVER force the dog to stay out for longer than they are comfortable.)

STEP	WHAT TO DO
1	Door threshold game: play Find It or Touch ping pong (going between two people, one inside the home and the other outside)
2	Feed dog their meal in a slow feeder/maze bowl on the stoop or just outside the door. Slowly work this closer to the sidewalk/street over multiple sessions.
3	Using a long line (for safety and to reduce the chance of leash pressure), play Find It, gradually tossing high value food in varying distances 6 inches to 5 feet from the dog. Wait for dog to return to you or inside before next toss.
4	Using a long line. play Find It, gradually increasing distance away from home and closer to dog's trigger (usually street noise or people). Keep moving as long and far as the dog is willing and comfortable.
5	Using a long line. ask for Touch to get the dog moving along. If two people are available, play Touch ping pong, having the dog go back and forth between the two people with normal outside distractions going on.
6	Take dog (via safe transport like car/stroller/carry bag) to park or several blocks from home and Play Find It or Touch to walk home. Start with shorter distances if park is far away.
7	Take dog (via safe transport like car/stroller/carry bag) halfway to park and walk the rest of the distance there and then walk home.
8	Begin short "normal" walks from home, allowing for plenty of sniffing, Find It and watching for faster rebounding when dog encounters a trigger. Feed and happy talk with every trigger. Incorporate rewarding leash check-ins when dog looks up at you when walking. Gradually increase distance traveled and then when dog is comfortable begin incorporating other variables like time of day.