



# TOUCH STEP-BY-STEP



with Lindsey Paige

# PREPARATION

1. Prepare a bag of pea-sized treats in your treat pouch
2. Start in a low distraction area of your home or yard
3. If your dog is easily distracted, you can connect them to you with a short leash wrapped around your waist to keep them close to you so you are hands free and they aren't able to wander away from you.

## PART ONE

1. Hold five pea-sized treats in one hand and rub scent of the treats onto the fingers of your other hand.
2. Put both hands behind your back.
3. Bring the empty, scented hand out from behind your back and hold it TWO (2) inches from the dog's nose, with two fingers extended.
4. When your dog touches their nose anywhere to your hand, immediately mark the behavior with enthusiastic "yes" and quickly reward with a treat from your other hand.
5. REPEAT steps 1-4, making sure that both hands start out BEHIND your back.
6. When you get FIVE for FIVE in a row, you are ready to increase distance to FOUR (4) inches.
7. Follow steps 1-4 moving your target hand to about FOUR (4) inches away from their nose.
8. When you get FIVE for FIVE in a row, you are ready to increase distance to SIX (6) inches
9. Follow steps 1-4 moving your target hand to about SIX (6) inches away from their nose.
10. When you are able to get FIVE for FIVE at SIX (6) inches, you are ready for PART TWO.

# PART TWO

1. Repeat PART ONE and SWITCH hands making your other hand the target.
2. Start out at TWO inches and work up to SIX inches again gradually.
3. When you have had success (FIVE for FIVE) at SIX inches with both hands, move on to PART THREE

# PART THREE

1. Start out with both hands behind your back.
2. Say “touch” and then show the dog the hand signal with 2 extended fingers, about 1 foot from the side of his nose.
3. When the dog touches his nose to your hand, immediately mark (say “Yes!” or “Good Dog!”) and reward directly from your other hand.
4. Repeat several times then begin showing the target from different angles but at the same distance.
5. Once this is established, begin to practice with your other hand as the target. Once the dog shows consistent understanding, try increasing the distance from his nose to 2-5 feet. Try moving her to your right and left sides using your hand as the target. For fun, you might try getting him to jump up by putting the hand target out over their head!

# PRO TIPS

1. Always give the treat directly from the hand holding the treats. No need to switch the treats from one hand to another or drop the treats on the ground.
2. If your dog uses their mouth (with teeth) on your target hand, take the hand away and try again until he taps his nose to your hand.
3. If your dog uses teeth to take the treat, take treat away and try again. If he continues, hold your hand flat open with treat in the palm of your hand. Practice this several times before holding more than one treat in your hand.
4. Once you have completed all three parts of this guide, you can practice in different rooms of the house, on walks, and have other family members, dog walkers, caretakers practice TOUCH.

# MORE INFO

1. Hand targeting (TOUCH) is simple to train and so versatile.
2. Clear visual target that focuses a dog to complete a recall (and come all the way in)
3. Reliable and safe way to tell your dog that you want her to move from one place to another, for example:
  - a. Come across the room with me
  - b. Come up on the scale or table at vet's office
  - c. Move out of a doorway so someone can pass
  - d. Come off the couch/my favorite TV watching spot
  - e. Come away from that person who is nervous around dogs
  - f. Hop up into the car