

DOMINANCE REDUCTION PROGRAM

(Author Unknown)

For the purpose of achieving Alpha status over potentially dominant dogs, you may want to consider the following rules as suggested by canine trainer/behaviorist, John Rogerson.

By utilizing the dogs natural pack instincts in a totally non-confrontational rehabilitation program, you can avoid aggressive and/or dominant behavior.

This program has been tested and proven reliable in rehabilitating dominant and aggressive dogs.

If some of this sounds "unfair" to you, remember that a dogs "government" (pack hierarchy) is NOT a democracy.

1. **FEEDING:** Feed on a schedule, giving 15 to 20 minutes maximum to clean up all food. Then remove what's left until next feeding time. **REASON:** Leaders control the food. To carry this further, if you eat your own meals within 30 minutes of when you feed the dog(s) make sure that the family eats first. (Leaders eat first.)
2. **SLEEPING AND RESTING AREAS:** Do not allow the dog onto human resting areas (beds, sofas, chairs.) **REASON:** Leaders control the best sleeping areas.
3. **TOYS:** When toys are not being used, keep them picked up and out of reach. **REASON:** Leaders possess things. This way, you own the toys and loan them to the dog to play with. (Toys do not include chewies.)
4. **SAFETY:** When passing through doorways or gateways, make sure the dog waits for you to go through, then allow the dog through. We have dubbed this "Safety" because it conditions dogs to wait for an okay before barging through open doors (house or car), perhaps saving them from being run over on the road. But, the real **REASON** is: Leaders lead.
5. **TERRITORY:** If the dog is lying in your path in the house, such as in the middle of a doorway, make him/her move rather than stepping around. Stepping around him/her is what a submissive dog in a pack would do. **REASON:** Everyone gets out of the leader's way.
6. **PETTING:** Withhold petting until the dog responds to a command. When the dog nudges you, reward him with petting only when he responds to the sit or down command. If the dog fails to respond to a command, ignore him by turning, getting up and walking away. Only pet when the dog has done something to earn your praise (come and sit/down on command.) **REASON:** Leaders decide when to give affection. Never continue to pet a dog that is growling. Do not resume petting a dog that growls for more.

Always remember: LEADERS LEAD!

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