FREE CHEAT SHEET

Fix the 7 most common dog problems

Simple, kind, step-by-step fixes that work for puppies, adult dogs, rescues and seniors. One page per problem.

1. Pulls on the leash
2. Jumps on people
3. Barks too much
4. Will not come when called
5. Chews everything
6. Accidents in the house
7. Begs at the table

BEFORE YOU START

3 rules that fix almost everything

1

Reward what you want to see more of

Dogs repeat what pays. A tiny treat, praise or a game at the right moment beats any correction.

2

Prevent the mistake while you teach

Gates, leashes and putting things away stop the bad habit from being practiced. Every repeat makes it stronger.

3

Short and often

Three 3–minute sessions a day beat one long one. End while your dog is still keen.

HOW TO USE THIS SHEET

Pick the ONE problem that bothers you most and work on it for a week. Tick a box at the bottom of the page every day you practice. When it is better, move to the next one.

IS MY DOG TOO OLD?

No. Dogs learn at every age. Older dogs may need shorter sessions and softer treats, but they often focus better than puppies.

PROBLEM 1 OF 7

1 Pulls on the leash

WHY IT HAPPENS

Pulling works: every time your dog pulls and you follow, they get closer to the smell, dog or person they wanted. Most dogs also walk faster than we do.

THE FIX

1. Choose a spot by your leg ("the reward zone") and pay your dog with a tiny treat there every few steps.
2. The moment the leash goes tight, stop and stand still. Wait for slack, then walk on. Pulling should never move you forward.
3. Change direction often and cheerfully. Reward when your dog catches up beside you.
4. Practice in a boring place first (hallway, driveway) before busy streets.

QUICK WIN TODAY

Walk 20 steps in your hallway, treating every 2 steps your dog is next to you. Then every 4 steps.

AVOID

Yanking or jerking the leash. It hurts and tends to make dogs pull harder and feel worse about other dogs.

Good to know: Older or big dogs: a front-clip harness gives you gentle steering while you train.

Practiced this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

PROBLEM 2 OF 7

2 Jumps on people

WHY IT HAPPENS

Jumping is how dogs say hello and get attention fast. Pushing them off or saying "No!" is still attention, so it keeps working.

THE FIX

1. Teach "Sit" as the way to say hello: ask for a sit before anyone greets your dog.
2. Feet on the floor = attention and treats. Jumping = the person calmly turns away for 3 seconds.
3. Keep greetings low-key. Excited voices pump up the jumping.
4. Use a leash or gate when visitors arrive until your dog can do it.

QUICK WIN TODAY

Ask a family member to walk in 5 times. Treat a sit or four paws on the floor each time.

AVOID

Kneeing, pushing or stepping on toes. It is unfair and teaches that people coming in is scary or a game.

Good to know: Puppy: start now; it is much easier than fixing a 70–lb jumper later.

Practiced this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

PROBLEM 3 OF 7

3 Barks too much

WHY IT HAPPENS

Barking has a job: warning, boredom, excitement or asking for something. Find the trigger first, then teach a different job.

THE FIX

1. Note when it happens: doorbell, window, when you are busy, at other dogs.
2. Block the view if it is window barking (frosted film, closed blinds).
3. Teach "Thank you, that is enough": after 1 to 2 barks, say it calmly, then reward when they stop for 2 seconds.
4. Give more sniff walks and chew toys. A tired, busy dog barks less.

QUICK WIN TODAY

Ring the doorbell yourself once. Reward the first quiet moment after. Repeat 5 times.

AVOID

Yelling. To your dog it sounds like you are barking too.

Good to know: Sudden new barking in a senior dog can mean pain or poor hearing or eyesight: ask your vet.

Practiced this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

PROBLEM 4 OF 7

4 Will not come when called

WHY IT HAPPENS

If "Come!" usually means the fun ends (leash on, bath, going inside), dogs learn to stay away. The word has to predict great things.

THE FIX

1. Pick a fresh recall word (like "Here!") if the old one has been ignored many times.
2. Say it once, run backward, and give an amazing reward (chicken, cheese, a game).
3. Practice inside first, then the yard, then a long line in the park.
4. Call your dog 5 times for treats and let them go back to playing. Only sometimes does coming mean leaving.

QUICK WIN TODAY

Play "ping pong" with a family member: take turns calling your dog across the room, 10 rewards in total.

AVOID

Calling your dog for things they dislike, or scolding them when they finally arrive.

Good to know: Older dogs with poor hearing: teach a hand signal, or a light flick of the porch light at night.

Practiced this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

5

PROBLEM 5 OF 7

Chews everything

WHY IT HAPPENS

Chewing is a normal need for every dog: it soothes teething puppies and calms adult dogs. The fix is giving it a legal outlet.

THE FIX

1. Put away shoes, cables and remote controls for now. Prevention is half the training.
2. Offer 3 different chews (hard, soft, food puzzle) and rotate them so they stay interesting.
3. If your dog grabs the wrong thing, trade it: offer a treat or a chew, then praise.
4. Use a pen or gate when you cannot watch.

QUICK WIN TODAY

Fill a puzzle toy with part of today's food and give it during your busiest hour.

AVOID

Chasing your dog to get things back. It turns stealing into the best game in the house.

Good to know: Puppy: chewing peaks around 4 to 7 months. Frozen wet washcloths help sore gums.

Practiced this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

PROBLEM 6 OF 7

6 Accidents in the house

WHY IT HAPPENS

Puppies have small bladders. Adult dogs can slip back after a move, a new schedule, anxiety or a health issue.

THE FIX

1. Go out on a schedule: after waking, eating, playing and every few hours, with the same spot and the same cue.
2. Reward right after they finish outside, not when you are back inside.
3. Clean accidents with an enzyme cleaner so the smell does not invite a repeat.
4. Watch closely or use a crate or pen when you cannot. Most accidents happen when no one is looking.

QUICK WIN TODAY

Today, write down every potty time. Patterns show up within 2 days.

AVOID

Rubbing their nose in it or scolding. Dogs learn to hide when they go, which makes it worse.

Good to know: Adult dog who was house-trained? See your vet first: urinary infections are a common cause.

Practiced this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

7

PROBLEM 7 OF 7

Begs at the table

WHY IT HAPPENS

One bite from the table once is enough to keep a dog hoping for weeks. Begging is hope that sometimes pays.

THE FIX

1. Agree as a family: no food from the table, ever.
2. Teach "Go to your mat" and reward your dog there during meals.
3. Give a long-lasting chew on the mat when you sit down to eat.
4. Calmly reward the mat every few minutes at first, then less often.

QUICK WIN TODAY

Put the mat 6 feet from the table and reward 10 times for stepping onto it before dinner.

AVOID

Giving in "just this once". It resets everything you built.

Good to know: Any age: also watch out for what falls from the table. Grapes, onions and chocolate are toxic to dogs.

Practiced this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

WHAT NEXT?

Want a dog who listens everywhere?

These fixes solve one problem at a time. If you want the whole picture, the **28-Day Dog Obedience Plan** takes you from "Sit" to reliable manners in short daily sessions.

The 28-Day Dog Obedience Plan

One page a day, 5 to 15 minutes. For puppies, adult dogs, rescues and seniors.

- ✓ **Sit, down, stay, come and leave it, step by step**
- ✓ **Loose-leash walking and polite greetings**
- ✓ **What to do when you get stuck, every single day**
- ✓ **Printable trackers and a graduation test**

Get the plan for $15 →

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