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Catherine Phoenix Hallam
 Pet Professional Coach, Mentor, Dog Behaviourist and Trainer
 MSc. Hons. AABT., BSc Hons., PGCE, PGD, IMDT (Dist), IOSH:
 Tel # 07813621947
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The 'Check-in'

Look			
Requirements – Training Lead, Treats, Dish			
Reminder – Marker Word is GOOD! or Clicker			
Current Behaviour	Does not look at owner	Goal Behaviour	To gain 'check-ins' from the dog
Preparation	You will need access to some treats and a little space. This is a technique that gains the dog looking at you		
Step 1	Quiet environment Toss a treat (payment) towards your dog – with NERVOUS dogs toss them underarm over their heads Let the dog go and investigate (SEEKING) and gain the food reward (reinforcer) Toss another either towards or over the dog's head		
Step 2	Repeat in a quiet environment about 10 to 15 times – remember reps of 5 are easy to evaluate as 4/5 is 80% so can increase the difficulty at this point. (See the 4 D's)		
Step 3	Toss one more treat, then wait whilst the dog eats it. Dog will look at you, basically checking in to see where/when the next food treat will be thrown. MARK THIS – you are marking the 'check in' and this is different to the LOOK Toss food either towards or over the dog's head. REPEAT THIS 5 – 10 times – Dog looks up, you MARK GOOD or CLICK, toss another treat.		
Knowing your dog and their abilities makes this exercise easier for the individual handler. <i>If the dog is great with eye-to-eye contact then brilliant. If the dog is shy due to past life experience then their requirement until confident enough down the training road, is to turn their head to your direction.</i> 'Proofing' the behaviour in increasingly difficult environments will help to solidify the check in when the dog is unsure, needs support, or is just bonding with you.			