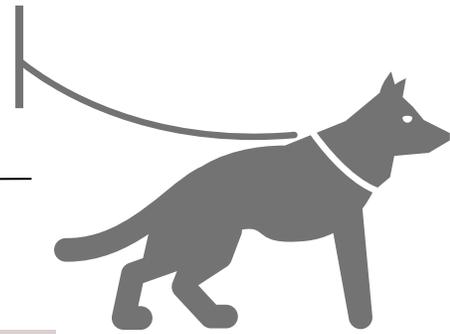


Tethering

Introduction



The What & Why

A tether is a training tool that helps your dog develop independence, self-control, and confidence. It's particularly useful for teaching impulse control, settling, and practicing behaviors while in a safe, contained space.

The How

1

Set Up

- Use a short leash (3–6 feet) attached to a stable anchor point.
- Attach the leash to your dog's harness or flat collar.
- Ensure the tether is raised to prevent tangling under the dog's legs.
- Start in a quiet environment with minimal distractions.
- Have food ready for reinforcement.
- Ensure the area is safe and free from hazards.
- Provide a comfortable bed or mat for the dog to lie on.

2

Introduce the Tether

- Begin by setting up the tether in a calm, low-distraction area such as your living room or patio.
- Clip your dog to the tether and allow them to explore the space while you supervise closely.
- The goal is for your dog to understand that the tether is a calm, stationary boundary.
- Keep the leash length short enough that your dog can lie down comfortably but not wander off.

3

Stay Close

- During the first few sessions, remain right beside your dog to offer guidance and reassurance.
- Gradually increase your distance by taking a step or two away once your dog begins to relax.
- Avoid leaving them unattended at this stage; your presence helps prevent frustration and builds confidence.
- Over time, practice moving around the room or sitting nearby to simulate real-life scenarios where your dog needs to settle while you're occupied.

4

Short Sessions

- Keep initial tether sessions brief — around 5–10 minutes — to set your dog up for success.
- As your dog becomes more comfortable remaining calm, slowly increase the duration of each session.
- Aim for steady progress rather than endurance.
- End on a positive note by releasing your dog before they become restless or frustrated, then reward them for staying calm throughout the exercise.

5

Direction & Reinforcement

- Use clear guidance and consistent reinforcement. If your dog becomes confused, gently cue a “down” and assist with light leash pressure until they settle.
- Reward calm behavior with quiet praise or treats, but ignore whining, barking, or pacing.
- By withholding attention during moments of frustration and rewarding calm, you teach your dog that relaxation earns positive outcomes.

6

Tailor It to You

1. Incorporate tether training into daily routines to make it a normal part of your dog's life.
 - a. Use it during meals, while working at your desk
 - b. When guests visit to promote calm neutrality.
 - c. Cooking dinner or eating at the table
 - d. Cleaning the house
 - e. Picnics at the beach or camping
 - f. Outside a store front
2. Once your dog can relax reliably indoors, begin practicing at more stimulating environments such as storefronts, patios, or outdoor cafés — anywhere they can observe the world while remaining composed.