



FEAR FREE FOUNDATION FOR KITTENS & PUPPIES

Human and Puppy Play

Dogs and people are social creatures. Engaging in activities that are enjoyed together will enhance the relationship between you and your dog. These activities may be in the form of interactive playing, training, or walking. Training should be fun for the dog and incorporate play.

One type of human-dog play is tug. Tug can be an interactive, energetic, and appropriate game to play with your dog. Teaching a dog to enjoy playing tug with you allows the tug to become a useful tool for motivation and reward. When taught correctly, it allows you to contain and control the dog's arousal. Tug is a suitable outlet for play mouthing/biting and it teaches the dog how to play appropriately with people.

The Tug Game

1. You should initiate and end the game. Have special toys that are used for playing tug that are kept out of the reach of the dog until play time.
2. Give the verbal cue "take it" and present the tug toy. Move the tug toy slightly back and forth to foster interest or chase. Keep the toy at a level that does not require the dog to leap high in the air to try to get the toy. Generally, at the dog's head height or below is a good rule of thumb.
3. When the dog has the toy in his mouth, engage him in a gentle game of tug. Verbally reward his interest in the tug. Motion should be smooth gentle pulls side to side or forward (toward you). Avoid up and down or jerky movements as they can cause injury to the dog. With young dogs, just a soft tug and release will do. For example, you want to tug--- tug--- tug, not TUUUUUUGGGGGG-TUUUUUUGGGGGG. Use caution when a puppy is teething because his mouth will be sensitive.
4. It is OK for the dog to "win" the toy. Sometimes release the toy and back away from the dog while encouraging him to bring the toy back to you.
5. To teach the release of the tug toy on cue: Freeze (stop tugging and any toy movement). Give the verbal cue "drop it" and prompt it with a treat directly under your dog's nose. Reward with the treat for dropping the toy. A marker such as a click or other event marker could be used to mark the precise moment of the release. Pick up the toy.
6. Add the cue, "sit" or "down", and reward the behavior with "take it" and presentation of the tug toy. This helps to control the puppy's arousal while working on manners training at the same time.
7. Repeat the above steps. Eventually, you will delay your presentation of the treat after giving the "drop it" cue.
8. When the game is over, let the dog know by saying something such as, "all done," and engaging him in an independent activity such as searching for treats or playing with another toy independent of you. The tug toy should be placed away and out of sight.

There are a variety of ways to play tug with dogs. Each dog will have individual preferences for the type of toys they play with, how much tugging they like, and how engaged the person is with the play. Some dogs prefer to retrieve the toy and bring it to you without the tug. Retrieving is another form of appropriate play between people and dogs. It too requires monitoring and controlling the arousal level during the