



What is Impulse Control?

Impulsivity is when dogs act without considering potential consequences. Examples of impulsivity include bursting through the door, counter surfing, pulling on the leash, chasing other pets, stealing everything they see, or jumping on guests.

Dogs are opportunists. They don't have a concept of self-reflection and live in the moment. What we can do is teach dogs to wait and be patient. This is where impulse control exercises come in!

Impulse Control Exercises

- Leave-It
 - With the dog on a tight leash drop a treat on the ground and give the command "leave-it". When the dog grants you eye contact away from the treat click and reward.
- Meal-Time Manners
 - With the food bowl in your hand ask your dog to "wait" as you lower the bowl to the ground. If your dog breaks position raise the bowl back to the starting position. Allow the dog to have the food bowl after he successfully waits until it is on the floor.
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- Crate-Exit Policy
 - If your dog frequently charges the door of the crate wait until they settle down. Once quiet they are granted their wish. Essentially, you will be asking your dog to do something they don't want to do for something better in return.
- Food in Hand
 - Lower a treat in your hand to your dogs eye level. If your dog advances to the treat close your hand. Wait for the dog to make eye contact with you before giving a verbal "okay" and allowing the dog to have the treat.



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