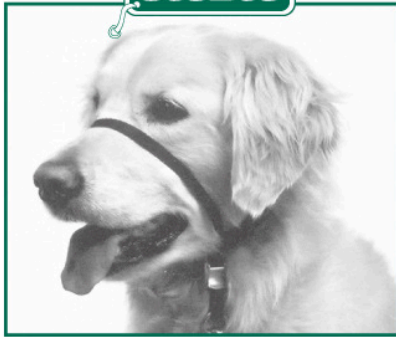


# HEADCOLLAR

by **PABA**



## FITTING AND TRAINING GUIDE

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**CAUTION:** Follow instructions carefully when fitting and using this headcollar on bulldogs, short nosed dogs or other dogs which have difficult breathing and limited airways. Even without a headcollar, such dogs often experience breathing difficulties when exercising or under stress. If their usual breathing difficulties increase, immediately discontinue use of this headcollar.

### YOUR DOG'S REACTION TO THE HEADCOLLAR

Some dogs will initially react adversely to the headcollar, by exhibiting behaviors ranging from freezing and refusing to move, to bucking wildly while trying to paw the collar off its nose. The most dramatic reaction, and/or change of your dog's behavior will occur within the first ten minutes of using the headcollar. It is important that during your training periods you maintain a happy, upbeat, animated, encouraging voice and attitude. **UNLIKE OTHER "TRAINING COLLARS" JERKING, POPPING, CORRECTING OR YANKING ON THE LEAD SHOULD BE AVOIDED.** Familiarize your dog to the headcollar by using the following tips.

### HABITUATING THE DOG TO THE HEADCOLLAR

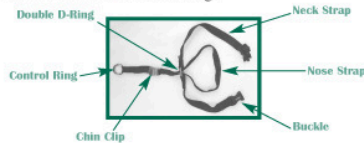
- Pre-fit the neck strap.
- Accustom the dog to the sense of something on its nose by gently massaging the bridge of the dog's nose with your two index fingers.
- Place the nose loop loosely over the dog's nose while rewarding it with a food tidbit.
- Allow the dog to lower its head so the headcollar falls off. Repeat several times rewarding after each placement.
- Place the nose loop on the dog and snap shut the neck buckle. Reward the dog.
- Remove the collar and repeat step (c) several times.

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### FITTING THE HEADCOLLAR

The headcollar may be used on puppies as young as eight to ten weeks of age. No dog is too old. It is recommended that the headcollar only be worn on the dog while it is being supervised. **A PROPER FIT IS ESSENTIAL FOR THE HEADCOLLAR TO WORK TO ITS MAXIMUM BENEFIT.** Read and follow the fitting instructions carefully, to ensure a proper fit.

- Attach a lead to the control ring.



- Open the neck strap holding the male end of the buckle in one hand and the female end of the buckle in the other hand. Draw tight so the nose loop and the attached lead hang down forming the letter "T".



- Pre-fit the neck strap high around your dog's neck, just behind the ears and touching the back of the base of the skull. **THE NECK STRAP MUST BE SNUG SO THAT NOT EVEN ONE FINGER CAN FIT UNDER IT.** This prevents the neck strap from rotating around the neck, and allows the nose loop to be less restrictive and more comfortable.



- Release the chin clip and slide it down to the control ring.

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### STARTING OUT

- Place the headcollar on the dog and reward.
- With lead in hand immediately and rapidly walk five or six steps while encouraging the dog to follow using high pitched vocal sounds by repeating, eg. pip, pip, pip or atta girl/boy, atta girl/boy. Reward good responses.
- Stop and gently pull the lead upwards and backwards causing the dog's head to move in the same direction, which encourages the dog to sit. Reward.
- Repeat the above until you and the dog are able to perform this exercise easily and consistently.
- You should not introduce commands until you are confident that the dog will walk comfortably and sit when you stop. When starting, choose commands such as "HEEL", "WALK" or "GO" and the command "SIT" or "HALT" when you stop.

### WHAT IF MY DOG...?

#### Freezes and refuses to move when the headcollar is put on!

- Encourage the dog to follow, using happy tones, patting your leg and baiting the dog with especially tasty treats.
- Never comfort the dog using soothing, cooing, phrases such as "It's okay" or "It's all right". This will actually reward the behavior we wish to curtail!
- Initially, you may have to take only one or two steps forcing the dog to move with you. Remember the headcollar does not choke the dog. Reward the dog even if you had to force it to move.
- Be patient, although this method will take somewhat longer, the desired results will be achieved.

#### Bucks, flops, twists, walks on it's hind legs!

- Repeat the exercises given in "Habituating the Dog to the Headcollar".
- Interrupt the behavior by having the dog sit, by pulling upward and backwards on the lead.
- Reward the sit.

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- Pull the nose strap up through the Double-D ring.



- With your dog at your side hold the nose loop open with the female end of the neck strap in one hand and the male end of the neck strap in the other. Reach under your dog's head and slide the nose loop over the dog's nose close to, but not touching the eyes.



- Buckle the neck strap at its pre-fitted position, remembering it should be snug so that not even one finger can fit between the strap and neck. The proper fit of the nose loop is dependant upon the proper fit of the neck strap. Fit the neck strap first!

- The nose strap should be in front of your dog's eyes and behind the corners of its mouth. **THE NOSE STRAP SHOULD BE LOOSE ENOUGH TO MOVE FORWARD TO THE FLESHY PART OF THE DOG'S NOSE, BUT NOT SO LOOSE THAT IT CAN BE PAWED OR PULLED OVER THE MUZZLE.** Adjust the nose clamp until the correct fit is obtained and snap it shut. Your dog will be able to pant, eat, drink, bark and play.



- Once you have properly fitted the headcollar, cut off any excess length of the neck strap, seal the edge with a match or candle flame to prevent fraying.

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- Praise, remaining happy, but be less animated in your voice and actions.
- Have the dog remain sitting (under your control) for several seconds.
- Start walking rapidly, but only for a couple steps so as not to give the dog the opportunity to react badly. Reward!
- If you can not control the dog in the sitting position, make the sit duration very short.
- If you are physically able, without entangling and risking falling, you may start to run with the dog. This will often take the dog's focus off the headcollar. After three to five running steps, stop, have the dog sit. Reward and repeat the exercise.

#### My dog will not take food tidbits!

Food is used because it is highly rewarding and it measures the level of stress the dog is experiencing.

A highly stressed or excited animal will not take food and is not capable of learning while in this emotional state.

If your dog refuses the treat:

- Attempt to find a more desirable treat (liver, cheese, raw vegetables).
- Fit and/or train your dog just prior to its normal meal so that it is more likely to be hungry.
- Take a time out and play with the dog to reduce its anxiety.



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## TRAINING YOUR DOG

Training a dog provides us with a means of communication with our pet. We can let the dog know what we want and keep our pet safe and happy. The headcollar provides us with a tool that will humanely make training easier, quicker and more efficient.

A brief guideline is provided for basic training and managing of some common behavioral problems. If you continue to experience difficulty it is strongly recommended that you seek the assistance of your veterinarian or of a professional canine trainer or behaviorist.

All training methods should utilize positive, non-punishing, lure rewards. All members of the family should participate.

### The Reward:

- Food tidbits (size of a pea) are the best for most dogs, but a ball, kong or tug toy may serve as a reward for some dogs.
- Praise and touch are not as effective rewards, as we tend to over use them in our day to day interaction with the dog.
- For rapid learning, the reward must follow the desired behavior within one second.
- Initially reward every correct response then intermittently reward.

### The Vocal Command:

- Until taught the dog does not understand the meaning of the command. SIT, DOWN, COME are meaningless words until we pair them with the dog's action.
- Do not give the dog a command until you know that they are capable of getting the dog to perform the desired behavior.
- **WHEN TRAINING, THE HEADCOLLAR BECOMES A TOOL THAT ALLOWS YOU TO PHYSICALLY CONTROL THE DOG'S MOVEMENT AND ATTENTION.**
- As well as being a reward, food tidbits may be used as a lure to direct a dog to perform the behavior. Hold the food tidbit one-two inches in front of the dog's nose and allow the dog to follow your hand and lure so that you guide the dog into the desired position.

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**NOTE:** With either of these approaches a food tidbit may be used as a lure to assist in training the "SIT". Instead of pulling gently on the lead to induce the dog into the sitting position, lure the dog with a piece of food. Hold the food one to two inches in front of the dog's nose and slowly move your hand upwards and backwards, so that the dog's nose follows your hand movement thus forcing its hindquarters to go into a sitting position.



### Teaching Your Dog to Down:

1. Place the headcollar on your dog with the lead attached.
2. Have the dog in a sitting position at your side.
3. Select a highly desirable and palatable food tidbit.
4. Hold it about one inch in front of the dog's nose.
5. Make sure the dog is focused on the food tidbit and slowly lower the tidbit straight down to the floor.
6. The dog's nose should follow the food tidbit to the floor.
7. As the dog reaches for the tidbit slowly move your hand away from the dog causing the dog to reach for the food and lower its body to the down position.

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- Once you are confident that you can get the dog to sit or down consistently, you can introduce the verbal command just as the dog starts to sit or down.
- Repeat the above using the headcollar, the lure and the command several times until the dog confidently performs the correct response.
- Rewarding the paired verbal command with the desired behavior will result in a more rapid association and understanding by the dog.

### Teaching your dog to walk at your side:

- Attach the lead to the head halter and place it on the dog.
- Stand at the side of your dog and hold the lead in your hand, leaving two to three inches of slack where it joins to the Control Ring. Fold any excess lead into your other hand.
- Start walking briskly, encouraging your dog to go with you.
- If your dog holds back, coax it with "happy talk" and offer a food tidbit. Pull forward on the lead and quickly release. Repeat until your dog begins to move. Praise and reward any forward movement.
- If your dog pulls forward, use the lead to turn the dog's nose (not body) around and up so it points directly towards your eyes. Walking forward, maintain tension on the lead until you have reached your dog's side. Praise your dog with "happy talk" and start walking encouraging it to walk next to you.
- **NEVER JERK OR YANK THE LEASH, THIS CONSTANT ACTION WILL ONLY CONFUSE THE DOG. USE ONLY A SMOOTH STEADY GENTLE PULL, FOLLOWED BY A QUICK RELEASE.**



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8. Only when the dog achieves the down position is it rewarded with the food.
9. When you are proficient at getting the dog to go down start giving the "DOWN" command just as the dog is starting to lie down.

### Teaching Your Dog to Come:

1. Motivate your dog to COME when called with attractive objects such as toys, balls or tidbits of food.
2. Encourage your dog enthusiastically.
3. If the dog does not come on its own, maintain your leadership/control by having your dog wear the headcollar and a ten foot indoor lead.
4. The lead allows you to control and vary the distance between you and the dog during training without it running away.
5. Have the dog sit or stand about four to five feet away holding the lead in one hand.
6. Have an attractive toy or a desirable food tidbit (reward) in the other hand.
7. Give the command "COME" while gently enticing the dog by showing the reward, and while making happy sounds. Reward if the dog comes.
8. If the dog does not come willingly gently pull the dog to you with the lead and again praise and reward the dog for being at your side.
9. The command "COME" was able to be given initially because you were able to make the dog obey the command, through the use of a ten foot training lead. The dog could not fail!
10. Repeat the above, gradually increasing distances until the dog will come from any distance without the lead on.
11. If at any time the dog fails to respond, place the lead on the dog and reinforce the response by repeating the above exercises.
12. It is important that the dog learns that it cannot fail to obey. Obeying will result in highly desirable rewards.

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### Teaching Your Dog to SIT:

Teaching your dog to SIT is the most important command that can be achieved to control behavioral problems. **A SITTING DOG IS INCAPABLE OF JUMPING ON PEOPLE, BOLTING OUT THE FRONT DOOR OR CHASING THE CAT.** Every member of the family should be able to successfully train the dog to SIT!

### First Approach:

1. Have the dog sit at your side. Reach under your dog's head with your left hand and grasp the lead near the snap.
2. At the same time, pull the lead upward and back to point the nose skyward. Do not pull the lead to the side. Your left hand should be immediately in front of your pet's nose.
3. When you can successfully get the dog to respond, say "SIT" with a soft, enticing voice just prior to the dog sitting.
4. Reward every correct response with food tidbits and praise.
5. Repeat the above exercise until the dog sits every time the command is given.
6. The reward should now be given intermittently.



### Second Approach:

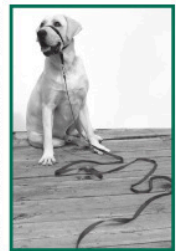
1. Have the dog stand facing you.
2. Grasp the lead near the snap with either hand and pull the lead upward and back.
3. When the dog starts to sit, say "SIT" with a soft, inducing voice.
4. As the dog's nose and head point up, its rear end moves naturally towards the floor. Your dog automatically sits without pressing on its back or rear legs. Reward immediately.
5. Continue as in the first approach.



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### The Ten Foot Indoor Training Lead:

The ten foot indoor lead has been designed for indoor use only. It is specifically constructed without a handle so that it will not catch on objects or furniture. [A ten foot indoor lead can be fashioned from a light (1/4" or less) line, attached at one end by a snap leaving the other end without a handle.] The indoor training lead helps control, train and prevent unwanted behaviors such as barking, jumping on people or counters, stealing and chewing. If the dog is performing an undesirable behavior, quietly pick up the end of the lead and interrupt the dog's behavior with a loud "HEY" or other short sharp sounds, while at the same time, gently pulling the dog to your side with the lead. Make the dog sit and reward the dog for sitting. **IT IS IMPORTANT TO REWARD A DESIRABLE RESPONSE AND EQUALLY IMPORTANT NEVER TO ATTEMPT PUNISHING AN UNDESIRABLE BEHAVIOR.** The ten foot lead prevents the dog from running away and being rewarded with a game of "chase".



### LIMITED PRODUCT WARRANTY

Professional Animal Behavior Associates Inc. warrants the PABA Headcollar to be free of all manufacturing defects for a period of six months from the original date of retail purchase with the exception of defects arising from misuse, abuse or physical damage to the PABA Headcollar caused by the owner or the owner's dog. All claims under this warranty must be submitted in writing, to PABA with original proof of purchase. In the event that PABA finds a defect covered by this limited warranty, PABA will replace the defective product at no charge. PABA's liability is hereby limited to the value of the product and does not extend to claims for breach of contract or warranty, negligence or negligent manufacture or for any consequential or collateral damages of any kind.