

# DMT



Wouldn't it be lovely if our dogs heard a funny noise and turned to look at us instead of barking?! Enter our saviour... DMT.

DMT is a simple but effective method to change the way our dogs think about scary noises or what they do when they spot a distraction.

DMT stands for 'Distraction, Mark, Treat'

The trick with this game is not to try and pre-empt noises that our dogs might respond to with barking; if we try doing that we'll feel like failures within the first few minutes!

## To play:

1. Grab a huge pot of treats and put it close to wherever you're spending your time (I have pots in a few different rooms!)
2. Whenever you hear a noise (the Distraction!) that makes your dog; bark, look more alert, run to investigate, jump or growl, say 'Good' (Mark it!) and give them a treat (yup, that's the Treat bit!)

3. Repeat, repeat, repeat

4. You'll know you've repeated this enough when you hear a noise your dog would usually bark at, you say 'good' out of habit but you realise your dog is just looking at you in anticipation!

You will absolutely NOT manage to say 'good' before your dog barks, don't worry about it. If you can, awesome, but its ok if not. By being quick with your marker, you'll be on track to mark the noise, not the barking.

## Top Tip:

saying your marker calmly can help lower arousal, instead of a short sharp 'good' try a long, slow 'gooooood'