

Thank you!



This is a method to reduce alert barking in the house. It may feel counterintuitive to start with but it really does work!

Step 1: Prevent rehearsal of the behaviour as much as possible. This may be as simple as closing the blinds, blocking access to windows, or leaving the TV on to block out noise.

Step 2: Prepare some small, high value treats and store them in a location that will become predictable to your dog, such as on the kitchen worktop.

Step 3: Start when your dog is not already barking and is somewhat attentive to you.

- Stand or sit near your dog.
- Say 'thank you', then give your dog a treat.
- Repeat, Repeat, Repeat.

Step 4: This time, stand away from the tub of treats, say 'thank you' and walk towards the treat tub. Get a treat and give it to your dog.

- If your dog does not follow you, go back a step
- When your dog starts to look excited when they hear 'thank you', you can start to say it when the dog is not already paying attention to you.
- Practice from different parts of the house, several times a day when your dog is not already barking.

Step 5: When your dog whips around quickly when they hear 'thank you' and starts to move toward you or the location of the treat pot, you're ready to try it around distractions.

- Say 'thank you' the second your dog begins to bark, or even better, right when they look up or prick their ears at a sound.
- If they don't respond, stand closer to them when you say 'Thank you' next time

Top Tip: Make sure the cue always comes before any movement to dispense the treats.