



TIME OUTS

What Is a Time Out?

Time Outs are a highly effective way to reduce attention-seeking and impulsive behaviors including *Play Biting, Jumping Up, Demand Barking, and Rough Play*. They work by removing what your pup wants (freedom, attention, fun) and enforcing a brief period of social isolation as a consequence.

How To Do An Effective Time Out

1. Call the Time Out with a Marker Word such as "Too Bad", "Time", or "Oops". You must do this at the very moment your dog bites, barks, jumps, etc., not 5 seconds later.
2. Immediately take your dog to the Time Out Area (or you leave the room).
3. Leave your dog in Time Out for 10 seconds. Count it out loud or in your head.
4. Release your dog from the Time Out area and try again.
5. Repeat this sequence Every Single Time your dog starts jumping/biting/barking/playing rough.

Options for Time Out Areas:

- Place your pup in his confinement area or in a puppy-proofed room.
- Remove your dog from the play area or walk him away from what he wants.
- Remove yourself from the play area or room and totally ignore your pup.

Trouble-shooting Tips:

- Be prepared for your dog to start misbehaving again right after a Time Out. It takes 10 to 15 full blown Time Outs for most dogs to connect the punishment with the crime.
- If your dog is trying to keep away from you or "resists arrest", this is a good indicator that learning is happening. To help your cause, attach a short drag-line to his collar or harness so you can wrangle him more easily. Old leashes with the handle cut off work very well.
- If your pup self-rewards by making mischief while in Time Out, you need a Time Out Area that is less fun and more "punishing"-- no toys, no shoes, no toilet paper rolls to have a party with.
- If you are not seeing any improvement after 15 prompt Time Outs, try lengthening your pup's penalty time to 20 or 30 seconds and repeat 10 more. If still no change, ask us for advice.
- When you call a Time Out, try to be as neutral as possible in your tone of voice and body language, *no matter how frustrated you are by your dog's behavior*. You don't want Time Outs to become a scary thing for your pup. Also for some dogs, even negative attention is still attention; so yelling at your dog can actually spur him on and reinforce his naughty behavior.
- Generally, we do not recommend using your dog's crate as a Time Out Area. This makes it simpler to keep his crate A Happy Place. BUT, if you need to confine your pup for awhile so he won't misbehave, then put him in the crate with a Kong or chewie so you can take a break and get something done. This is not a Time Out or a punishment; this is Super Smart Management!

Need More Help?

Contact us if you'd like a Bravo trainer to work with your dog directly on Time Outs. Just a few sessions with a Bravo trainer can produce major improvement and make you a Time Out expert.