

Krista Cantrell's

Best Dog EverSM Dog Training and Obedience System



Special Report:

13 Signs Your Dog is Too Tired to Learn



When puppies get tired, it's hard if not impossible for them to learn, retain the information that you're trying to teach them, or to perform well in common exercises like come, rollover, shake, or other skills or behaviors you're trying to teach them.

Dogs are really no different from people in this respect. If they are mentally and physically or emotionally exhausted, they simply aren't going to perform at their best.

In the **Best Dog EverSM** system, we encourage you to always work with your dog when he or she is at his or her best.

This is what brings the fastest and best results.

This means that you must know your dog!

For example, one of the signs that will tell you if your dog is ready to learn and work is simply by watching the way he carries his ears.

I know that if one of my dog's ears stands out sideways, another's fold down, while yet another's start to droop, it's a sign for me that I need to take a break.

You can also spot the warning signs that your dog or puppy is feeling mentally or physically tired if he forgets how to sit when you ask, or perhaps refuses to enter a crate, or fails to perform any number of actions which you know he has the ability to do under normal circumstances.

It's easy to spot a puppy that is emotionally overwhelmed, because they will display behaviors such as cowering. growling. hiding. nipping at your ankles, barking, refusing to eat even their favorite food rewards, or they may stop playing with their toys.

If you notice any of these behaviors, stop working with your dog and wait until they are rested and more receptive.

If you notice significant changes in your dog's behavior, body language, posture, overall responsiveness, or breathing during your training sessions, again, take a break and wait until your dog has had a rest.



Also, try and determine what it is that you may have done, or what might have happened, that caused your dog to reach the point where he shut down.

It might be that you worked a little bit too long on your session, bored the dog by repeating the same behavior over and over again, asked him to go a little too far too fast, didn't reinforce good behavior often enough, used food rewards that didn't appeal to him, or maybe chose a location that was too stressful for your dog to execute a training session.

Whatever it was, when you do figure out why your puppy or dog stopped learning, then you can of course avoid that behavior and prevent it from happening again.

If you can't determine what it is that made the dog stopped trying, ask someone close to you such as a friend, a family member, or an outside trainer, to help you try and figure it out.

Above all, you want to make sure that you don't ignore the problem.



Here are 13 warning signs that can be a clue that something isn't going right with your training session.

Remember all dogs are slightly different in the way they'll tell you that they're no longer ready to learn, but these 13 signs should give you more than enough signals so that you can pick up on a dog is getting very little, if anything, out of the training session.

The 13 Signs that Your Dog is Too Tired to Learn

1. Does the dog change his gate or tempo?

Some puppies might run faster or there might be what seem like spontaneous bursts of frantic running.

Or, perhaps your dog has slowed down significantly or even stopped altogether and decided to lie down.

You might also see sudden bursts of spinning, jumping, or leaping that could indicate it's time to take a break.

2. What's her posture like?

If your dog normally has an extended or upright tail, maybe she allows hers to drop. A tail tucked between the back legs is hardly ever a good sign.

Perhaps your puppy's body or the way she carries her head lowers, or her body tenses.

3. If your dog starts changing her breathing patterns -- starts panting gulping for air or yawns, this is a sign.

4. Increases in barking or changes in the pitch of the bark.

5. The dog is no longer interested in what you're offering.

If food, toys, balls, or the clicker no longer interest your dog, and instead he would rather explore other things or simply ignore you altogether, it's best to take a break.

6. Frequent scratching or shaking of the entire body.

7. Starts to sniff the ground.

8. Lifts a front paw.

9. A change in the way the dog looks at you.

A dog who averts his eyes, looks away from you, shifts his eyes back and forth, or has dull or glazed eyes, is ready for a break.

10. Ears that droop, flutter, or lay flat, depending on your dog, are another sign.

11. Frequent or excessive licking of the lips.

12. General overall enthusiasm and eagerness seems to disappear and the dog starts to respond very slowly.

13. The dog simply stops trying.

Maybe he resists or refuses repeating inaction and it does not offer any new behaviors.

The 13 signs above are all general indications that learning is basically stopped and that it's time to take a break.

Remember, if you can learn what it is that caused the dog's confusion or distress in the first place, then you can try and prevent it from happening in the next training session.

But in general, it's a good rule to say that after a dog successfully executes an action 10 times out of 10, you should move on to the next step or you risk boring the dog.

