

USING THE TIME-OUT STATION

Purpose: The time-out station is used to reduce “rude” behaviors like playing too rough, mounting, and excessive barking. Most dogs are very social, and losing your attention and their freedom of movement is a very significant “consequence” for misbehavior.

Guidelines for use:

1. Decide what misbehavior will result in a time-out. Be consistent.
2. When your dog misbehaves, give him a warning by saying calmly something like “that’s enough.” If he stops what he was doing, praise him.
3. If he continues to misbehave, **calmly** repeat “time-out” as you go to him, grasp his collar, and walk him gently but firmly to the time-out box. **Don’t look into his eyes, yell at him, or say anything to him except “time out.”**
4. Walk away and **completely ignore him** for 3-5 minutes until he is calm. If he is calm, release him in a low-key manner. If not, walk away for a little while longer to give him another chance to calm down. Do not release him if he is whining or barking.
5. If your dog repeats the misbehavior, go back to step 4 and return him to the time-out box. **You may have to repeat this 4-5 times before your dog realizes that his behavior is causing the time-out.** Be patient – you will eventually get results.
6. If you dog won’t calm down, take him home and bring him back to the Pooch Playground at another time.