



# Guide Dogs for the Blind

## Introducing the Gentle Leader to Guide Dog Puppies

### Goal Behavior

Puppies going into formal training need to be comfortable in a Gentle Leader (GL) head collar. We have found that if head collars are introduced early to the puppies, they are more accepting of them. Using food rewards creates a positive association for the puppy with the head collar. You should begin the process outlined below as soon as you receive the puppy.

The Gentle Leader is the brand of head collar preferred by the training department due to the relative ease with which a visually impaired person can put it on a dog. Some puppies may go through growing stages where the GL does not fit very well and a Halti may serve better. Check with your leader/CFR if the GL does not fit well, however all puppies must be accustomed to the GL before entering training.

### Video reference (supporting documentation)

- GDB video “Introducing the Gentle Leader to Guide Dog Puppies” <https://youtu.be/-VXMBMeQBC4>

### Prerequisites

The puppy should be familiar with taking food from the hand and do so in a polite manner.

### Introduction

For the first two days you are going to have the puppy wear the Gentle Leader several times per day for short periods while you are doing puppy-handling exercises. No leash should be attached at this time.

*First fit the Gentle Leader* by gently placing it on him and adjusting it when he is in the controlled sit position in front of you as for puppy handling. Having a helper is advisable for this introduction. Have a friend or family member adjust the fit of the head collar while you calmly offer the puppy food rewards. It does not have to be adjusted perfectly for the first exercises. If you are unsure how to fit the GL have your leader show you.

### Step 1

- Without using the nosepiece, fit the “collar” part of the GL around the puppy’s neck, placed high and just behind the ears. Once fitted, remove the collar.
- Introduce the nosepiece only. Place the GL over the pup’s nose; don’t try to fasten the collar portion at this point. Just place the nosepiece over his muzzle and immediately give a kibble reward. Try to give the kibble as you put the nosepiece on, before the pup has time to react to the loop over his nose. This will reward him for accepting the nose loop and will form a good association with having it put on.
- Slide the nose loop off while the pup is still calm and not reacting to it. At first, you will take it off almost immediately while he is still savoring the kibble. Do this several times in the first session and do not attempt to fasten the GL collar piece during this session.

### Step 2

- In the second session, again with the puppy in the controlled sit, slide the muzzle piece on with one hand as you lure his nose into the loop with a piece of kibble in your other hand. Give the pup the kibble immediately when his nose is inside the loop. Fasten the Gentle Leader collar section behind the pup’s ears and quickly give him another kibble.

- Keep popping kibbles into his mouth so that he is distracted by the food and doesn't think about trying to react to the sensation of the GL head collar. Avoid applying any pressure on the nosepiece of the head collar.
- Keep the head collar on for just thirty seconds or so. Keep the puppy occupied during this time with food and calm petting.
- Remove the head collar at a time when the puppy is calm and not making any attempt to remove it himself.

### Step 3

- With the puppy still in a controlled sit put the head collar on as above (giving him a kibble as soon as it is on) and leave it on for a minute or two while you calmly pet and rub him. So long as he is not struggling to remove the head collar you can keep giving him a kibble now and then.
- The petting and food rewards should distract him from trying to get the head collar off. Go very slowly for the first few days; don't be in a rush to take your hands off him while he has the GL on. You can prevent him from trying to remove the GL with your hands on his head and body.
- You may take the GL on and off several times in each handling session giving him a kibble each time you place the head collar on him. Only remove the head collar when he is calm.
- Once he is comfortable in the head collar you can prepare him for being led in it by briefly applying gentle pressure and quickly giving him a piece of food. Just pull the nosepiece taught for a second as you pop a kibble into his mouth. Don't apply enough pressure to physically move him, just sufficient to cause the nosepiece to tighten momentarily.
- After the first few days of putting the head collar on during puppy handling, you may also put the head collar on just before you put his food bowl down for him to eat. Remove the head collar as he finishes his meal and before he has a chance to rub or scratch at it.
- If the puppy seems comfortable with the Gentle Leader you may now attach the light, nylon puppy leash while you continue to puppy handle him in the sit position. Feed him kibble several times while he is wearing the equipment and you are holding onto him. Do not attempt to walk the puppy in the GL until he is very comfortable wearing it while stationary.

### **First Moving with the GL**

After three - five days of wearing the GL during puppy handling, and while eating, the pup should be ready for first walking in the GL. You should practice in a quiet, familiar area where the pup has walked comfortably with the leash attached to his flat collar – in the house or yard.

- Attach the leash to the puppy's flat collar and put the Gentle Leader on. Attach the safety strap to the flat collar.
- Coax the puppy into walking with you and distract him from the feel of the head collar by luring him (holding the kibble right in front of his nose to draw him along) for just a few steps before giving it to him. Some puppies may need luring several times to get them going but most will walk right out in the head collar without scratching or rubbing at it. Puppies determined to rub at the head collar will need more luring to distract them.
- Only use the food as a lure to get the puppy going the first few times then stop holding the food right in front of him. Progress to walking several steps without showing the puppy the food, then bring the reward down to him.
- Make the first walks very short (e.g. from one end of the house to the other) and positive, giving several food rewards and preventing any attempts to remove the head collar. Be sure to offer the food only when the puppy is accepting of the head collar not when he is in mid-rub. If the puppy is doing a lot of rubbing or scratching, apply more food rewards prior to those behaviors instead of waiting for the avoidance to begin.
- Wean the puppy off the high number of food rewards gradually as he is able to walk further without any rubbing or scratching. The goal is to gradually diminish the food rewards until he is only getting a kibble when you first place the GL on him.
- Once the puppy is comfortable wearing the head collar while walking with the leash attached to the flat collar, he is ready to go on to the next step. If the puppy continues to balk in the head collar or uses efforts to remove it, consult your leader/CFR.

### **Attaching the Leash to the Gentle Leader**

We are going to show the puppy how to respond to leash pressure on the Gentle Leader in a positive way. For this step, go back to luring with the food to help show him what to do.

- Attach the light nylon leash to the GL and grasp it close to the clip with your left hand. Lure the puppy with a kibble held in your right hand just in front of his nose. Gently pull on the GL toward the piece of kibble and let him have the kibble as soon as he takes a step and 'gives' to the guidance on the GL. Release the pressure on the GL as soon as he takes a step forward.
- Repeat the above four or five times in a forward direction then do the same with pressure to have him move left and right. Use lots of happy verbal praise as you do this.
- Repeat the above steps without using the food as a lure i.e. don't hold the kibble right in front of his nose coaxing him. Now have him follow the head collar and leash pressure for three of four steps before giving him a piece of kibble. Always release pressure as soon as he responds to the cue and encourage him with praise as he moves along.
- Now you are ready to take him for some little walks in a familiar area with the leash attached to the GL. Give him a kibble occasionally for coming along and be sure to offer it to him by the seam of your left pant leg when he is in heel position.

After two weeks the pup should be accepting the head collar and walking out nicely in it. If the puppy is still resistant or uncomfortable in the head collar after two weeks please check with your leader/CFR for further recommendations.

Guide dog puppies in training should continue to wear the Gentle Leader at least 50% of the time that they are out in public throughout their raising. This will ensure that they stay comfortable and accepting of this important piece of equipment.