

# LEASH PULLING

**Leash pulling is a very common issue for dogs and their humans. Below are some techniques to help.**



**The first thing to ask is why are they pulling? Is it to go toward something or away from something? Once we have answered this question, we can get to work.**

## PULLING TOWARD SOMETHING

If your dog is pulling toward something, we need to help them understand that pulling will not get them there faster. There are several techniques for this, but below are the two most common. Remember, different dogs respond differently to each method.

### 1. Red Light, Green Light

When they pull you, stop walking. Don't jerk or pull on the leash to get them to come back to you (this is called a leash correction). Just stop walking. You can put it on cue (i.e. Stop and say "red light". If they continue pulling when you are standing still you can begin to walk the opposite direction of where they are trying to go. Anytime you stop walking that is a "red light" and when you start walking again that is a "green light".

### 2. Treating

Incentivize your dog to walk next to you with treats. For this technique, you will need several pieces of food that your dog really likes (we call this high value). You will hold it in your hand right beside you and in front of your dog's face. As the dog walks beside you, give them a piece of food. Keep your hand there to continue to hold the dog's attention.

## PULLING AWAY FROM SOMETHING

If your dog is pulling to get away from something, it is likely due to fear and the dog has built a negative association with whatever it is pulling away from.

To address this we need to build a positive association with the the trigger (the thing your dog fears). This is addressed in more detail in the Reactivity handout.



**RENEGADE**  
paws rescue

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