

MarkOut® Marking Training Manual
by Karyn Garvin

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Chapter 1

An Idea is Born

My work as an animal behaviorist involves going to the homes of people who have problems with their pets and designing a training program to resolve those problems.

I was called to the home of Pat and Russ Stephens on September 4, 1993. They wanted me to help them break their 13-year old male poodle, Cocoa, of marking in the house. Marking is when a male dog urinates on an object to leave his mark or scent. This is quite different from urinating because of a full bladder.

I learned that Cocoa had this problem most of his life. His favorite place to mark was in the living room, particularly when no one was home, but he also would mark all over the house even when people were at home. Pat had tried everything she could to control him, but nothing worked. She couldn't leave him outside, because he would bark and disturb the neighbors, and she thought Cocoa was too small to wear a bark collar. She definitely did not like the idea of debarking him. If he were shut in a crate, Cocoa would become hysterical, so that was not an option. If he were closed in a room, he would destroy it. If he were confined with a dog gate, he would jump it. She decided she would just have to live with the problem, and she did until she remarried. It was Russ, her new husband, who said, "We're calling a dog trainer!"

It was my job to find a solution for Pat and Russ that would not upset Cocoa and would also get results. That meant we had to let Cocoa run free while stopping the inappropriate marking. It was then that the idea occurred to me to fold a paper towel, place it against his penis, and wrap an Ace bandage around him to hold the paper towel in place. The Stephens loved the idea. There would be no more urine around the house, and Cocoa would have his freedom. We designed a schedule for when Cocoa would wear the wrap and also reviewed other strategies and techniques such as deodorizing (about which you will learn shortly). The results were remarkable. Cocoa quit marking after urinating in the wrap only three times in the first two days he wore it. Once he realized that the only thing he marked was himself, he quit. What was even more remarkable was that in less than one-month Cocoa no longer needed the wrap. The results achieved with the wrap and Cocoa's other training contributed to a happier dog for the remainder of his life. Since that time, I have found this method of training to be invaluable in a variety of situations.

Housebreaking for Male Dogs

With MarkOut® you can . . .

- Have a new tool for catching the male dog that likes to sneak away and urinate in the house because he isn't fully housebroken
- Protect your home and furniture from the male dog that likes to mark his territory
- Stop urine spotting from excited male puppies when guests arrive
- Spare yourself and your senior male dog from the emotional upsets that his incontinence presents
- Play down submissive wetting in mature male dogs which is an important key to resolving this problem

Note: MarkOut® is for Indoor use ONLY (with one exception: teaching dogs not to mark on agility or obedience equipment during training).

Chapter 2

MarkOut® Wraps & Accessories

I found, as I experimented with this method, that the regular elastic support bandage, which was held together with clips, was difficult to use. The support bandage has so much elasticity in it that it is not very absorbent which is necessary for our purposes. I do not recommend securing the wrap with clips or safety pins. It could result in puncture wounds or an even more life-threatening situation if your dog swallows one.

I have improved on the design, written this lesson plan, and am proud to introduce you to MarkOut®.

Wraps

- A MarkOut® wrap is made from 100% cotton yarns, which are superior in absorbency. It is also made with a unique cotton-synthetic knit construction, which provides comfortable, controlled compression and enhanced breathability. This material is truly unique and carries its own patent.
- A MarkOut® wrap uses Velcro closures for safety.
- MarkOut® wraps are hand washable, reusable and cost effective.
- MarkOut® wraps are available in a variety of colors and widths depending on the size of your dog. While the width you choose may not seem sufficient, the wrap will overlap itself giving you plenty of coverage as you wrap it around your dog.
- Extra Small: 3-inch width fits the tiniest of toy breeds (waists up to 10 inches).
- Small: 4-inch width (waist 10 to 16 inches).
- Medium: 4-inch width (waists 17 inches and up). This is longer in length than the Small wrap.
- Large: 6-inch width (waists 17 inches and up).

Caution: If your dog has a history of swallowing whole socks or other garments you should take extra precautions while using this product

Ideally, the urinating will stop once your dog is wearing the wrap. However, most dogs will have to experience the discomfort of wetting on themselves before they are deterred.

There are other products you may want to consider using in conjunction with MarkOut®:

Pads

MarkOut® wraps are hand washable, but using a pad can aid tremendously in reducing cleanup. You may have to learn from experience which pad is best for your dog.

I recommend, in order of absorbency from light to heavy:

- Disposable nursing pads
- Bladder protection pads
- Disposable or non-disposable diapers

My first choice is disposable nursing pads, which you will find in most drug stores. These pads have a special film backing to keep moisture from leaking onto the wrap. I also like their round shape and that they are more absorbent than a sanitary napkin. These are usually sufficient for most dogs.

If you find that disposable nursing pads do not have sufficient absorbency for your dog, then try bladder protection pads. You also will find these at your local drug store, and they come in light, moderate, and heavy absorbency. They are at least twice as absorbent as the nursing pads and were designed specifically for urine leakage. The curved sides will conform to your dog's belly, and there is an adhesive strip on the back, which will hold the pad securely in place.

My third choice is a baby diaper. I had one client use this for an elderly dog that was experiencing incontinence problems. It was the only thing that worked in this case.

Grannicks Bitter Apple

You know your dog better than anyone. Do you think your dog would try to remove the wrap and/or the pad with his mouth? Most dogs do not. They find the wrap very comfortable and leave it alone. If your dog is not cooperative, Grannicks Bitter Apple Spray is the deterrent to help him change his mind. This is a product that you can purchase at the pet store. It is very safe and can be sprayed right on the coat of an animal. There are other bitter tasting sprays available, but Grannicks Bitter Apple always has been my favorite.

You may, for best results:

- spray the wrap lightly as soon as you put it on your dog.
- spray the wrap and pad thoroughly before you put it on your dog.
- (only when necessary) spray a drop or two directly in your dog's mouth to increase your dog's dislike of the taste, making the spray on the wrap more effective.

Now Follow These Steps:

Step A:

Place the pad, with the absorbent side up against your dog's penis.

Step B:

Start with the end of the wrap with the narrow Velcro strip, opposite from the label. Place the wrap against the pad with the Velcro facing down, away from the pad, and begin wrapping. Make sure the wrap is comfortable; there is no need to stretch the wrap until the last 3 or 4 inches. The Velcro on the other side will fasten and hold the wrap in place.

Step C:

Use the Grannicks Bitter Apple Spray when necessary to keep your dog from trying to remove the wrap.

What Results Can You Expect?

The results from using this product vary as much as the personalities of the users. Owners all agree, though, that it is a relief to have the urine contained rather than destroying their homes.

Connie's four-year-old Gordon Setter quit urinating the instant he wore the wrap. He never marked while wearing it.

Ellice's one and a half year-old Pomeranian named Oso urinated in the wrap once. Prior to using it, Oso urinated in the apartment every day!

Donna's Lhasa mix named Scooby took months to decide that being wet was uncomfortable and months more to realize that if he didn't mark he wouldn't get wet. Once Scooby understood, and this took almost a year, he gave up the habit.

Most dogs find that wearing the wrap is a little unusual at first, but within minutes they are quite comfortable. There is the rare occasion where a dog acts as if he can't walk with the wrap. If your dog responds this way, put on his leash and insist that he walk around the house with you. If you reward him with yummy treats for walking, his uncertainty will pass quickly. You must be persistent; it's worth it.

Your dog will not find it a rewarding experience to urinate in the wrap. The more unpleasant he finds it, the more effective the wrap will be. Recently, I had a client whose dog was not marking, but was not fully housebroken. He would sneak away and urinate, even on the beds if the bedroom door was left open. I decided that MarkOut® was probably just what he needed. The instructions to the owner were that her dog should wear the wrap whenever he had freedom in the house. My client was expecting company and had just put fresh linen on the bed in the guest bedroom. She left the room for a moment and returned to find her dog standing in the middle of the bed with urine dripping through the MarkOut® wrap. He was horrified, and she was horrified, but you know, he never did it again!

It is very important that you continue to read this book. There is seldom one answer that is a cure-all. That is why I think it is necessary to emphasize that this new product must be used in conjunction with other training strategies to obtain the best results.

Chapter 3

Behavior Modification

When you attempt to change a habit, or any behavior for that matter, you are modifying the behavior. My goal is to help you understand some of the principles of behavior modification because they are the rules that govern behavior. For example, you would most likely fail at playing a game if you didn't know the rules. You can't modify your dog's behavior if you don't understand the principles and variables that are influencing his behavior.

Often I hear a client say something like, "He did it for no reason!" My response is always the same, "There is always a reason; we just have to understand what his reason is." Everything we do in life, every decision we make is based on either seeking a reward or avoiding some consequence. The same is true for your dog.

Principle #1

There is Always a Reward for Any Continued Behavior

That's an awesome statement when you think about it. It means that if you want to change a behavior in your dog, you have to find out first why he finds the behavior so rewarding. When it is no longer rewarding you will have modified the behavior. The trick here is to figure out "all" of the reasons why he found it rewarding.

Principle #2

Rewards Can be Either:

**Positive
With Positive
Consequences**

OR

**Negative
With Negative
Consequences**

It's easy to understand how a dog can find a treat rewarding, but it's harder to understand how he also might find negative consequences rewarding. Yet, some dogs do. A negative consequence can reward and increase the likelihood of the behavior occurring again. This is called negative reinforcement (I'll say more about this later, particularly in the section on how basic obedience training can help to eliminate problem behavior, pg. 34).

The essence of behavior modification is when you reward good behavior and discourage undesirable behavior with the application of positive and/or negative reinforcers.

Principle #3

Behaviors Are Either Learned or Innate (Unlearned)

Our ability to modify certain behaviors also is dependent on having realistic expectations. Someone once said: “There’s no sense trying to teach a pig how to sing. It won’t work and it just irritates the pig!” You have to consider whether the behavior you are trying to modify is innate (unlearned) or learned. You cannot eliminate innate behaviors; you can only modify them. However, you “can” eliminate learned behaviors. You don’t, for example, have to learn how to breathe; it’s part of who you are and what you do. Breathing is an innate behavior and cannot be eliminated by willpower, decision-making, or negative reinforcement. However, cigarette smoking is learned and people can eliminate that behavior if they so desire.

Marking is a natural behavior, innate in a male dog. It is a major form of communication between all canines, wild and domestic. It is important to understand that all marking is not bad. Marking is a behavior that is managed by allowing it when it occurs outdoors but correcting it consistently when it occurs indoors.

Principle #4

There Has to be a Stimulus For a Response. The Same is True for Marking.

Stimulus	→	Response	→	Reward
Cause	→	Behavior	→	Reward

Marking can be a response to a stimulus or a behavior motivated by some other cause. It happens for a reason. You will have a better understanding, as you continue reading, of what stimulates marking as well as understanding other causes that contribute to marking. Earlier, I said that there is seldom one thing that is a cure-all including the MarkOut® wrap. You want to identify all the variables in your situation that are stimulating or causing your dog to mark so that you can MarkOut® inappropriate marking.

Principle #5

Consistent Versus Intermittent Reinforcement

What do you think would be more rewarding, consistent or intermittent reinforcement?

For example which game would you enjoy the most?

- a.) the game where you win every single time you play
- b.) the game where you lose every single time you play
- c.) the game where you do both, sometimes winning and sometimes losing

If you won the game consistently, winning would eventually become less rewarding. If you lost consistently, you would eventually quit. It’s winning once in awhile or winning intermittently that gives you the desire to continue trying. So the answer is C, intermittent reinforcement is the most rewarding.

This example emphasizes the fact that once you begin controlling and correcting your dog for urinating in the house you have to be consistent. Intermittent slip-ups will give him the fever for trying.

Where do you go from here? Let's take a closer look at these principles and apply what you've learned.

Chapter 4

Controlling the Behavior

When the same behavior is repeated over and over again, it becomes a habit. The goal is to break your dog's habit of urinating in the house and create a habit of never marking inside. If you can anticipate where and when your dog will urinate, you can create a plan to control it.

The most effective way to curb your dog's marking behavior is for him to wear the wrap. Your dog learns in one step how to behave at the same time he is free to move around. You are no longer the source of correction; urinating indoors is self-punishing. He won't be able to sneak off anymore and not get caught.

If you have a dog door, do not use the wrap when the dog door is open!

It is very important that your dog not have the repeated experience of being allowed outside to do his business while wearing the wrap. If he goes outdoors and urinates in the wrap, he will become confused and decide that urinating in the wrap is necessary. This carelessness may destroy the wrap as a training tool. If your dog is inside and wearing the wrap, then the dog door should be kept closed or access to the dog door should be blocked.

There is usually some pattern to the occurrence of marking. It may be at one home when the owner is gone. If marking only occurs when you are gone then that is when your dog should wear the wrap. The dog may be outside at another home whenever the owner is gone. Therefore this dog is urinating when the owner is at home and this is when he should wear the wrap. Another owner may decide that the dog is sneaking around and urinating overnight. You guessed it; he wears the wrap overnight.

You have to decide when your dog will wear the wrap. If, for example, you live in an apartment where it is not an option to leave your dog outside, and you think he is marking sporadically at all different times, you may want to consider using confinement techniques in addition to the wrap. The reason is too much repetition of wetting in the wrap is not good either.

I want to tell you what I learned from Dilly. Dilly is a little male Shitzu with a very big need to mark his territory. He was unique because he really didn't seem to mind wetting in his wrap as much as most dogs. I'm sure the reason for this is that Dilly, as a pup, was forced to live in dirty conditions where he adjusted to sitting in urine and feces, which ruined his natural clean instincts. It made sense that he didn't find a wet wrap as offensive as most dogs would.

I concluded that Dilly's favorite time to sneak around and mark was overnight, because it was becoming a ritual to hand wash his wet wrap every morning. It was obvious that the wrap was not a deterrent for Dilly overnight, and even worse, he was developing a new habit. Something had to change or the wrap would lose its effectiveness in deterring him from marking at other times. The decision was made to confine Dilly to a crate at night

without the wrap so that he wouldn't mark. The habit of overnight marking finally was broken, and the wrap became a more effective deterrent at other times. Dilly now almost never urinates in the wrap when he has the freedom of his house. He is still in the crate overnight and living happily ever after.

Confinement Techniques

The best way to prevent marking prior to MarkOut® was to confine a dog in his crate or to an area of the house where he would not mark, such as a kitchen or laundry room, unless you could personally be there to deter him. If you feel confinement techniques are necessary, in addition to using the wrap, then, by all means, do what it takes. The goal is zero incidents of marking, unless he is wearing his wrap.

The reason confinement techniques work is that most dogs are very clean animals and do not want to soil in a small area from which they can't get away (unless, of course, their clean instincts were undermined like Dilly's). Most pet stores and many breeders have kennel environments which are responsible for destroying a dog's natural instinct to be clean, making him more difficult to housebreak. If your dog has been difficult to housebreak, this may be the reason. Confinement techniques do work with most dogs.

Crating Your Dog

The crate is the most obvious way to confine a dog, especially if he is defecating in the house and/or chewing, in addition to marking when you're gone. The crate should prevent all these behaviors. My experience has shown that if a dog normally spends no more than 6 to 8 hours in a crate in any 24-hour period, he will probably be OK (I'm talking about the dog that is old enough and has enough bladder control to hold it that long). What bothers me is when I go to a home and find that the dog is in the crate (or a bathroom) 8 hours during the day, as well as 8 to 10 hours overnight. When you add the two together, that's 16 to 18 hours of every 24-hour day. Too much of anything is not good. If you are contributing to his frustrations, you are contributing to frustrated behaviors. (I understand that you may have to minimize his freedom, both while you are gone and overnight. Please don't do it the same way and in the same place.)

Note: Occasionally, I meet a dog that absolutely panics in a crate. It suffers from a form of claustrophobia. Physical signs of this extreme condition include destroying the crate from the inside in an attempt to escape, and/or excessive drooling. This usually eliminates the crate as a confinement option.

A Limited Area

Another confinement option when you are gone is to leave your dog in a limited area like the kitchen, hallway, or laundry room. This room, preferably, should not have carpeting, because it is an invitation to the dog that wants to mark. Carpeting is wonderfully absorbent, and most dogs consider it a very clean place to go. If you're trying to keep your dog in a confined area like the hallway, you will need a baby gate. I would

definitely recommend this over shutting the door on him (in a bathroom, for example). I have seen numerous rooms destroyed by confining dogs with the door closed.

If you are afraid or know that your dog will jump a baby gate (or try to chew through it), another wonderful product is a Scat Mat. The Scat Mat is a rubber mat that can be laid on the floor in front of the dog gate. When it is plugged in, your dog will get a slight shock (equivalent to static electricity) if he steps on it. He can't go over the gate or chew on the gate if he doesn't want to step on the mat. There are a few pet stores that carry Scat Mats, but you may have to order it from a pet supply catalog.

The Scat Mat, in conjunction with an exercise pen, works well as an alternative to a baby gate or for areas where baby gates are not wide enough. The mat also will work to keep a dog in, as well as out, of an area.

Invisible Fence brand pet containment systems are another excellent means of keeping your pet in as well as out of an area. Invisible Fence has systems for indoor use as well as outdoors. For your nearest dealer you can visit their web site at:

www.invisiblefence.com

Limited Area for Overnight

Another confinement option is to minimize the dog's area overnight by confining him to your bedroom. If you're sure he will mark in your bedroom, you can attach a leash to his buckle collar and tether him next to your bed overnight. This minimizes his space and can be a wonderful alternative to using the crate or the wrap.

Leaving Your Dog Outside

I explained, earlier, how certain types of environments make it difficult to housebreak a pup. Can you guess which environment makes it easier for an owner to housebreak his/her puppy?

I've heard many dog owners boast, "My puppy was housebroken in a couple of days", or "My pup housebroke itself". I'm always glad for them and grateful to the breeder. While these owners take credit for their dog's success, or are convinced of their dog's brilliance, the truth is their success was because of the outdoor environment in which the puppy was raised. When a pup is raised outside, it has the repetition of pottying there. This is an established habit by the time it goes to it's new home.

Whenever possible, safe and weather permitting, you may consider leaving your dog outside as an excellent alternative. Some people would say "I have a little dog and I don't want him to be an outside dog!" He won't be, but for now he should learn to enjoy the outdoors. Some dogs will behave as though they actually dislike being outside.

The dog that doesn't like being outside usually doesn't like it because he is so rarely out there. He's just afraid of the unknown. This dog is not likely to tell you when he wants to go out and potty. He hates going out. Regular times outdoors will remedy this. He will have the repetition of going in the appropriate place.

An owner may leave his/her dog outside while they're gone but also want the dog to be able to come inside. This means that the dog door is open. One way to limit his access to the entire house would be to put a dog crate or exercise pen up to the dog door. This will work just as well when you are home.

The Art of Cleaning Up Urine

It's an ugly job, but somebody has to do it!

1. You should never let your dog watch you clean up a mess (he could find this very rewarding).
2. It is **CRITICAL** that you locate all the areas where he may have urinated and deodorize them so that he can't smell urine. If the areas are not deodorized, they are like a calling card for him to go there again. If you do not know where your dog has marked exactly, you may want to consider purchasing a Natures Miracle Black Light. Urine stains show up florescent under a black light. I carry one of these lights in my truck and go through the house with my clients to make sure we know where the areas are. The light can also be useful in helping you narrow down the times he's marking.

Once you have located the areas where your dog may have urinated, the next step is to clean and deodorize. My home remedy for deodorizing is equal parts in thirds of ammonia, vinegar, and water. Vinegar is an acid and ammonia is a base, so together they neutralize. You may want to go over the spot again with a shampoo to get a more pleasant smell once it's neutralized. I have never seen the combination of vinegar, ammonia, and water bleach out anything, but it is always smart to test a small area if you're concerned.

Urine crystallizes as it dries. If you properly clean up a urine spot before it has time to dry, you should, in most cases, never have a stain. Wherever the spot is, paper towels should be used first, to soak up the urine until the towels are almost dry. Then the ammonia, vinegar and water solution should be poured so that it gets down to the padding like the urine did. Again, paper towels should be used to soak that up. You can perform this same procedure with the aid of a wet/dry vacuum and save on paper towels. The area, either way, has been flushed and neutralized. These steps can be repeated one more time with a shampoo if you want to further clean and achieve a pleasant smell.

Interrupt Locational Cues

If I were having a lesson with you at your home, one of the first things I would do is have you show me where your dog has a habit of wetting in the house. These locations have become triggers in his mind. The MarkOut® wrap is a powerful tool, which will create new associations with these locations. If possible, you should try to eliminate these triggers altogether by relocating things. For example, there may be a plant in a particular corner where your dog always marks. You may want to relocate the plant after the area has been deodorized. If you can't relocate it, you may try putting a Scat Mat down in that

area which also would keep him away from the plant. Another area could be the corner of a particular chair. If possible, you could rearrange the furniture. I know curtains are a favorite marking place. You could change the window furnishings. You should think about these spots and what changes you could incorporate, if any. Every little thing helps.

I often hear, "He always urinates in the formal dining room or living room which we never use." This is exactly why dogs pick these rooms. One possibility is to change his concept about these rooms by using them. If that is not an option, the wrap may be the solution. Another solution is to deny him access by using some of the barriers that were discussed earlier.

You now should have a plan for managing your dog's behavior when you're home, when you're gone, and overnight. You know when he'll be wearing his wrap and how to control him at all times. You have the house cleaned and deodorized and have interrupted the locational cues as much as possible. He should be wearing the MarkOut® wrap during the times he has the opportunity to urinate. This will either deter him or correct him. You have a plan on how to redirect him and teach him new habits. You just need to be consistent. While he's learning new habits, you should still look at what stimulated or caused him to begin the behavior in the first place. Otherwise, regression is inevitable.

Chapter 5

Neutering ... The Physiological Approach

Is your dog neutered? Neutering alone usually is not the only answer, but it is certainly one of the most critical issues influencing marking behavior. The longer the marking behavior has been going on the more likely it will take training, in addition to neutering, to correct it. Neutering is the first step. People who have a problem with the idea of neutering often want to try everything else first and neuter only as a last resort. I sympathize with them, but this approach is usually self-defeating.

Male dogs, typically, do not start marking in the house before the age of six months. It usually begins between nine months of age and two years, or as he reaches adulthood. Inappropriate marking sometimes may not begin until the dog is in his senior years. If he is not neutered, it is more likely that this will become a problem at some point. Testosterone motivates a dog to mark. You reduce a major cause of marking by eliminating the source of the testosterone.

Another physiological stimulus for marking is when your male dog smells a female in heat. Male dogs can smell females in heat at great distances. If you also own a female that comes into heat, you can use the wrap to help you through these periods. Many times owners feel that their male dog started marking for “no reason,” when, in fact, they did smell a female in heat in the neighborhood. Neutering will help to deter this problem in any case.

Another physiological stimulus is the scent from the marking of other male dogs that your male dog gets when you take him into new territory. Many people report that the first time they saw their male dog mark indoors was after they visited a friend or relative’s house, or they took their dog into a pet store. Marking is inappropriate in these situations, and if you can anticipate it, you can control it. First, you should make sure he’s had an opportunity to eliminate properly before you enter a store or another person’s house. Secondly, marking is less likely to occur if your dog is on leash. You will have another way of correcting him or preventing marking by not allowing him to roam in the first place. Thirdly, your dog will be deterred from marking by wearing the wrap which will protect other people’s property, and the experience of marking will be unrewarding if he does try. The likelihood of your dog being triggered physiologically will be reduced if you neuter him, use the wrap, and train him.

When new things or other dogs come into your dog’s territory, they can also trigger marking. I often hear, “My friend brought her dog over and that was the first time,” or “I went shopping and brought in packages, set them on the floor, and that’s what triggered him.” Again, the likelihood of marking will be reduced if you neuter him, use the wrap, and train him.

Benefits of Neutering:

- 1.) Reduces the motivation to mark his territory

- 2.) Reduces the motivation for excessive humping behavior
- 3.) Reduces the likelihood of testicular cancer as a dog grows older
- 4.) Lower annual license fee in most states for having a neutered male
- 5.) A calmer dog
- 6.) Deters overly aggressive behavior with people
- 7.) Reduces the likelihood of dogfights
- 8.) More responsive to obedience training
- 9.) Less likely to escape your yard to pursue a female in heat in your neighborhood
- 10.) Reduces accidental breeding, which contributes to the pet over-population problem

Some Objections to Neutering:

- 1.) “We bought this dog for breeding.”
Only you can decide what is more important, breeding your dog or living together harmoniously.
- 2.) “It’s a male thing. I don’t want to neuter him because then he could never have sex.”
The truth is a neutered male dog can have an erection just as an unneutered male. He just can’t get the female pregnant.
- 3.) “I prefer the look of an unneutered male.”
There is a new procedure called “neutical implants” which is done at the same time your dog is neutered. Now you can have a neutered male that doesn’t look neutered.
- 4.) “A neutered male may not grow as big as an unneutered male.”
A male dog that is neutered before 1-year of age may, in fact, grow larger than he would have if left unneutered.
- 5.) “I heard dogs get fat and lazy once you neuter them.”
Another myth! This is simply not true.
The best thing a dog owner can do to prevent the inappropriate marking of the male dog when he gets older is to neuter him while he’s young. Resistant thinkers would rather wait until they have a problem, but once it has occurred, you can’t erase the dog’s memory.

Hormone Therapy

If your male dog is already neutered and has been neutered for some time, hormone therapy is another idea you may want to discuss with your veterinarian. Hormone therapy is more commonly used with male cats who spray in the house. There are dangerous side effects which could occur with long-term use of hormone therapy, but for the short-term, it's another consideration for giving you that jump-start to new behavior.

Note: The largest percentage of dogs turned into shelters are unneutered males between the ages of 10 months and 2 years of age. They are most often turned in because of behavior problems such as aggression, marking, escaping, etc.

Chapter 6

The Psychological Approach

The psychological approach to any and all problem behaviors is to first realize that these behaviors occur excessively when an animal is frustrated. When people are upset, they might cry, yell, or throw something. People do crazy things when they're releasing their frustrations. Some are appropriate, some are not. It is the same with a dog!

A problem behavior, such as marking in the house, may mean that your dog is frustrated about something. If you don't deal with the cause, then all the corrections in the world won't cure the problem.

I was first introduced to a list of frustrating factors for dogs in a book titled, Behavior Problems in Dogs, written by William E. Campbell. The following is based on the list of factors William Campbell identified, along with some additions and modifications made by myself. Permission was granted by Mosby Year Book, Inc. for the use of this material originally published by American Veterinary Publications, Inc., Santa Barbara, CA, Copyright, 1975.

Frustrating Factors for Dogs

- 1.) Owner's leadership not established
- 2.) Emotional homecomings and/or departures
- 3.) Separation anxiety
- 4.) Isolation, especially during the critical socialization period from five to 12 weeks of age
- 5.) Isolation as a form of punishment
- 6.) Restrictions of freedom
- 7.) Psychological trauma associated with a place or situation
- 8.) Physical abuse as a means of punishment
- 9.) Scolding in the aftermath
- 10.) Emotional stress of owner, even when stress is unrelated to the dog
- 11.) Owner's dislike of dog
- 12.) Change of routine habit factors
- 13.) Any big change of environment such as relocating or owners leaving on a vacation
- 14.) Boredom

- 15.) Physiological problems and/or illness
- 16.) Extreme weather conditions
- 17.) Lack of proper exercise

Is Your Dog As Frustrated As You Are?

I would like you to go through the following list and circle all the frustrating factors that you think accurately describe your situation. Typically, the more numbers you circle, the more frustrated your dog is and vice versa. As you go through the list, I will give you my interpretation of what each factor means, as well as solutions or remedies.

1.) Owner's Leadership Not Established

The absence of owner leadership is frequently a reason why a dog marks. Marking behavior can be a way of establishing dominance. If he lacks direction, he is more likely to take charge.

Solution: Obedience training

When you train your dog, you strengthen your role as a leader. Your dog learns that he can look up to you for direction, that you have something to show him, that you expect something from him and that you expect him to be good. When you are a good teacher, you become a good leader. This is very reassuring to a dog.

Obedience commands are the tools you use to tell your dog what to do instead of doing it for him. You can tell him to STAY rather than holding him back from running out the door. You can tell him to COME and SIT instead of grabbing him so he can't jump on someone. Remember, all the NO's in the world won't tell a dog what you want. Your directions acknowledge his intelligence and establish your leadership.

An owner may say, "We don't need obedience training, he does everything I ask; the dog is perfect except for this one problem." Obedience training will make the difference even in this case, because the dog may have learned to take your praise and affection for granted. You're so pleased with him that he doesn't have to try to please you anymore. We could compare it with the uneasy feeling of being unemployed and needing a job. This makes your reaction to his misbehaving more rewarding. Obedience training emphasizes the fact that he does have a job and responsibilities. He does have to be a good dog for your praise. If this sounds like your situation, you may start by having him do things such as sitting before you pet him.

Another owner may reveal that there are other problems besides marking which initiated their call for help. They seem to be constantly correcting their dog for one thing or another. These owners really "need" to put their dog into obedience training to give them opportunities to praise their dog.

There are dogs that are so accustomed to an owner's negative attention they are desensitized to it and find it rewarding. Wesley C. Becker, in *Parents are Teachers*, refers to this as "The Criticism Trap". It works this way (Becker used the grumpy old school teacher as an example): The grumpy old school teacher turns her back on the class to write on the chalkboard, and instantly the kids are standing up or acting up. The teacher turns around and yells, "Sit down!" The kids sit down and so the teacher is rewarded for yelling, "Sit down" — but as soon as she turns her back again, everyone is standing up again. Why? This is to get her to yell: "Sit down!" That's the trap. We yell "NO!", the dog quits, and we're rewarded, but then he does it again to get us to yell "NO!" Negative attention can be very rewarding. Obedience training is an opportunity for you to reward your dog for being good and to motivate him to want to be good. I've always said that a dog that knows he's good usually doesn't want to do bad things. Yes, I am saying that dogs have a sense of self-esteem. A person who values honesty wouldn't tell a lie because he or she values the goodness of honesty. A dog that values being praised is more correctable because he values being good.

2.) **Emotional Homecomings and/or Departures**

The owner who lectures his dog before leaving the house may be making the situation worse. There is the self-fulfilling prophecy that what you expect is what you get. "You be a good boy now and don't lift your leg in this house!" We who believe in a dog's sixth sense will tell you that he may actually receive the visualization you're sending of his marking and take it as a command. I recommend, for the same reason, that you also not "think" about the things your dog may be doing wrong in your absence. The owner who is sad about leaving and shares these feelings leaves the dog depressed. A depressed dog may mark to express his frustration.

Solution: Your leaving and returning should not be a big deal. You should not lecture your dog before going out, or upon returning home. (See also #9: "Scolding in the Aftermath")

3.) **Separation Anxiety**

Many social animals are distressed when separated from their companions or loved ones. Feelings of loss are a result of love and attachment. It is not uncommon for a child to throw a tantrum when left with a baby-sitter, or an adult to feel depressed when his/her spouse takes a trip. Dogs are, by nature, social, so they are more likely to show distress when left alone. Emotional attachment is especially important for animals whose survival is dependent on group living. We've all heard the phrase, "dogs are pack animals." While many dogs feel some level of frustration when left alone, certain dogs express it by various behaviors such as chewing, soiling in the house, howling, barking, and, of course, marking. Why is it that some dogs tend to exhibit separation distress more than others? It is not related to sex or breed but mostly to personality types and a history of seldom being left alone.

Solution: Our focus is on the dog that marks to express his frustrations, and the MarkOut® wrap is a perfect training tool. It will either deter him or correct him immediately. You can't always change what frustrates your dog, but you can anticipate it and control the environment. If your dog follows you everywhere when you are home, you could try to create some ways to distance yourself when you are there so that he won't be so upset when you leave. You could, for example, have your dog lay and stay while you go out of sight for brief periods. You can teach him to be more independent by not allowing him to be constantly in your lap or at your feet. Your dog may have learned that your picking up keys or your putting on shoes are signals that you are leaving. If you have noticed that your dog is showing signs of distress at these times, you may want to do some counter-conditioning. Counter-conditioning means that you make new associations by giving the same signals and pairing them with a wonderful dog treat. You could begin practicing this several times each day but, of course, not go anywhere.

Most dogs become frustrated and express their frustrations in the first 30 minutes after the owner leaves. Retraining would involve leaving for brief periods of time, such as 5 minutes, 10 minutes, then 5 minutes, then 8 minutes, then 15 minutes and so on, working your way up to 45 minutes and one hour without incident. Your dog will become accustomed to these short trips and will realize you are coming back. When you can leave for 45 minutes and one hour without a problem, you have made substantial progress.

None of these suggestions by themselves is a cure all. I would suggest you work at this from every direction.

4.) **Isolation, Especially During Critical Socialization Periods From 5 to 12 Weeks of Age**

When a puppy is removed from its littermates before the age of seven weeks, isolated from learning critical socialization skills it suffers frustration. Another example is a puppy that was raised in a kennel situation where it was isolated from everything including people. This puppy, as a result may grow up to be fearful of everyone and everything - an unhappy way to live.

Solution: If your dog is fearful, it is never too late to help him build confidence. A true leader and teacher will help him to face his fears and overcome them. Unfortunately, many people want to avoid any conflicts because they believe it is the kind thing to do. This only compounds the problem. You can either choose to support your dog so that he becomes more confident or you can avoid conflicts and have your dog continue to be fearful. If you choose to help him become more confident, you can start by making a list of all the things that frighten him and begin your counter-conditioning. You may want to enroll the services of a dog trainer. This type of healing will produce a happier dog and a better behaved one.

5.) **Isolation as a Form of Punishment**

I know that “time out” works with children, but as a form of punishment it is not effective with dogs. It may actually backfire by contributing to even worse behavior when he is out of isolation. While isolation can be a preventive measure, it does not teach the dog how to behave which means that at some point he will have to be isolated again.

Solution: If you are tempted to isolate your dog because he is misbehaving, you should stop and ask yourself what you want him to do instead. Since the behavior problem is marking, this is a wonderful example of how the wrap can teach him appropriate behavior. Isolation will only prevent the behavior with the possibility of his becoming frustrated and more determined to mark.

6.) **Restrictions of Freedom**

This is about animals that are confined too much.

It could be that the owner has overused the crate or other confinement techniques. It also could be that the owner thinks a yard is all the freedom a dog needs. If you live on a property of several acres or on a farm or ranch your dog probably has a wonderful life outdoors. However in urban areas most yards just aren’t big enough. (A scale for comparison would be the wolf in the wild that is estimated to travel as much as 90 miles per day.)

Solution: Dogs need change. They need to be in the house as well as outside, go for walks and rides, and have freedom and variety. The MarkOut® wrap should enable you to give your dog more freedom in the house.

7.) **Psychological Trauma Associated with a Place or Situation**

Males that mark are more likely to be afraid of:

- a.) Being picked up
- b.) Walking on leash
- c.) Riding in the car
- d.) Being on their back

Males who mark may have a greater need for control. They are more likely to feel out of control and panic in the above situations.

Solution: If you can help your dog get over his fears in these areas, you will have a more confident and secure animal with less need to show control. You may want to enlist a dog trainer to help you safely overcome these fears in your dog.

8.) **Physical Abuse as a Means of Punishment**

Physical punishment, such as hitting a dog should be avoided, not because it won’t work but because it can cause problems you do not want.

Some dogs become submissive from being hit. A submissive dog may have problem behaviors such as cowering, submissive wetting, excessive barking etc. These are not behaviors you want in your dog.

Physical abuse as a means of punishment may make another dog aggressive. Again, this is not the result you want. We know what the aggressive dog is capable of doing. Excessive punishment or abuse will make the situation worse by frustrating your dog further, and a frustrated dog will exhibit behaviors, which will continue to create problems for you.

Physical abuse also will have the opposite effect of establishing a healthy rewarding relationship. He will only want to escape and avoid the person who abuses him as opposed to being open and receptive to learning.

Solution: MarkOut® is a perfect example of effective punishment for a dog.

- a.) It is non-aggressive.
- b.) It is an immediate consequence that the dog associates with his own behavior.
- c.) It teaches the dog to avoid marking. You are not the punisher; rather, his own behavior is.
- d.) It is a warning system, reminding him what will happen if he does urinate, giving him the opportunity to make the right choices, and reducing the need for punishment.
- e.) It is a consistent punishment (of course, it is only as consistent as you are in using it).
- f.) It reduces the likelihood of the behavior returning.

If you catch your dog in the act of doing something wrong, there is certainly nothing wrong with a good scolding. The punishment should only be enough to upset your dog. A good scolding may help the dog change his mind about the pleasures of misbehaving. It is important that an effective correction be followed with redirection, showing the dog what he should do instead. It is also important to reassure your dog within 10 or 15 minutes that you love him. He has to know that it was the behavior, not him that you disliked.

9.) **Scolding in the Aftermath**

The “aftermath” means that more than three minutes have elapsed since the incident and you’re finding it. It’s now too late for a scolding. Your searching the house as soon as you get home and scolding him if he did urinate, or giving him a cookie if he didn’t, may make sense to you; however, it doesn’t to your dog.

Scolding in the aftermath can actually create the circumstances you’re trying to eliminate. Dogs have a biological clock that tells them when you get home. If you frequently come home and get angry, that’s the pattern your dog will expect. The anticipation of your angry arrival may stimulate the marking as a way of venting. Dogs learn differently and make different associations from you or me. I have heard people say, “I know he knows because when I come home and he has urinated, he’s cowering or hiding.” Haven’t there been times when you have come home, and he’s acted as if he had done something, yet you can’t find it anywhere?

I have also heard, “I know he knows because I just point to it and he takes off.” That’s because he has learned that that’s what you do before you get angry.

Did you hear the story about the man who decided he was going to teach his dog a thing or two? He came home one day and found that his dog had done his business right there on the kitchen floor. So he shook the dog and threw him out the window. The next day he came home to the same mess, so again he took him and shook him and threw him out the window. The third day he came home — and the dog jumped out the window.

Scolding in the aftermath does not work for the majority of dogs. The only association a dog makes in the aftermath is that a mess in your presence means trouble. He still doesn’t associate punishment with the act unless you actually catch him in the act.

Solution: It is only effective to scold your dog when you catch him in the act of marking or when it has been no longer than three minutes since the incident occurred.

10.) **Emotional Stress of Owner, Even When Stress is Unrelated to The Dog**

Dogs are sensitive to their owner, and I can think of many examples of how amazingly sensitive they are. One of my favorites is the service dog who can actually notify his owner who is about to have an epileptic seizure, which gives the owner time to lay down in a safe position. Is there any doubt that dogs are sensitive to our moods? I have gone to homes on numerous occasions where the owner was totally puzzled as to why his/her adult dog, that had never been a problem, was suddenly doing terrible things. They would exclaim, “As if life isn’t bad enough! Frank died a month ago, I lost my job and now this - even the dog has gone sour.” The owner doesn’t realize that the dog is misbehaving solely because it is stressed because his/her owner is under so much stress.

Solution: Do you remember the routine you had with your dog when life wasn’t so stressful? It will be good therapy for both of you to resume that routine. Let your dog do his job of cheering you up.

11.) **Owner’s Dislike of Dog**

Dogs are sensitive and not easily fooled. They can feel when the owner dislikes them.

Many people begin to dislike their dog because they believe that their dog is spiteful. The owner will say, “I know he’s just being spiteful; he was mad when I left.” Dogs are not spiteful creatures. If I have learned anything from dogs, it’s the true meaning of unconditional love. I’m sure you have heard, DOG spelled forwards or backwards is unconditional love. Yes, your dog was upset and yes, that’s what contributed to the behavior, but no, he did not do it to get back at you.

Solution: It is important to understand the difference between not liking a dog as opposed to not liking his behavior. For example, you catch your dog in the act of marking. Since he isn’t wearing the wrap, you should scold him and let him know

in no uncertain terms that the behavior is bad. After five or ten minutes have passed, it is very important to act like all is forgotten. You should let him know in some way that you're still buddies. It's important to communicate that it's not him you dislike but rather his behavior. It is fruitless to stay angry for long periods of time. If you feel your relationship has been damaged, obedience training can help.

12.) **Change of Routine Habit Factors**

Routine in our lives gives us a sense of stability. It is frustrating when you suddenly can't do something that you routinely do each day. How would you feel if you woke up one morning and realized that there was no toothpaste in the house! Most dogs find comfort in, and rely on, a routine.

Solution: First, it is important to avoid breaking the routine as much as possible. Secondly, you can compensate for a break in routine by substituting. For example, you can't go for that 20-minute walk before work but you could play ball for five minutes. Thirdly, if you have to change the routine and you know your dog will act up, you can perhaps avoid trouble by controlling the environment and reducing the opportunity for misbehavior.

13.) **Any Big Change in The Environment, Such as Relocating or Owners Leaving for Vacation**

This can be very upsetting to a dog.

Solution: It is important to soften the blow any way you can. If you anticipate trouble, try to avoid giving him the opportunity. I believe more dogs start new bad habits when their owners go on vacation than at any other time. Maybe the house sitter shouldn't give him the liberties or opportunities he has when you're at home.

14.) **Boredom**

The more intelligent the dog, the more easily bored he can become. It is usually the very intelligent dog that gets into trouble.

Solution: It is important to have routine rituals such as regular feeding times and walks or indoor versus outdoor times. Obedience training also can resolve some of the frustration of boredom that dogs feel. It gives you more ways to interact when you are together.

15.) **Physiological Problems and/or Illness**

A physical illness, infection or disorder of some type can certainly influence behavior.

Solution: It is always a good idea to consult with your veterinarian and rule out the possibility of any physical problems that could be contributing to behavior problems.

16.) **Extreme Weather Conditions**

The weather can affect the behavior of a dog. Thunderstorms can be traumatic emotionally for some dogs just as humidity can be physically painful to the arthritic dog.

Solution: It would be a good idea to consult with your veterinarian. You can't change the weather, but you can take preventive measures to make your dog as comfortable as possible so that he doesn't have the opportunity to regress.

17.) **Lack of Proper Exercise**

All dogs require some exercise, and the requirements will vary according to the breed and age of the dog. When these requirements are not fulfilled, problems with behavior may be the result.

Solution: Exercise is an excellent preventative; it generally produces an overall happier dog. There is a wise saying that a tired dog is a good dog. Exercise doesn't always mean going for a walk. It could mean playing a game such as throwing a ball. If for some reason you can't personally exercise your dog, you can perhaps find someone to help.

Chapter 7

In Conclusion



We have been considering what causes or stimulates a behavior like marking. The effective way to discourage the behavior is to deal with the cause. I have discussed how neutering influences the behavior physiologically and how frustrations will motivate the behavior psychologically.

There are many variables, which will influence the kind of results you get with MarkOut®. You now know exactly what you have to do; you just have to do it. Some things come with repetition and time.

You should never give up!

There is never one thing in and of itself that will correct the problem. You should approach it from every angle.

Finally, I would like you to share some of the ideas you have learned through this training booklet to help someone else with their dog. It is sad, but true, that millions of dogs are euthanized each year because of problem behaviors that their owners did not know how to correct. It is interesting that the largest percentage of dogs euthanized are unneutered males.

I am very concerned about the euthanasia rate and am doing my best to make a difference. Therefore, ten percent of all profits from MarkOut® will go to organizations committed to this cause.

Thank you for your support.