

# INTRODUCING A GENTLE LEADER

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**GOAL:** To teach the dog to accept the Gentle Leader (GL) head collar, and be comfortable wearing it on walks.

## GENERAL RULES:

- Progress at the dog's comfort level. If the dog remains uncomfortable at a given step, do NOT progress any further until the dog is comfortable.
- Make sure the GL is fitted properly. The neck strap should fit tightly, just behind the dog's ears. The nose loop should be as loose as possible, but snug enough so that the dog can't pull it off of their nose.
- Each step below should take 1- 7 sessions. Sessions should occur 1-3 times daily.
- Dogs who are comfortable with the GL the first time it is put on will not need this slow introduction process and can start wearing it on walks immediately.

## INSTRUCTIONS

1. Put the GL on and then take it off of the dog. Repeat 5 – 15 times. The dog should enjoy this exercise.
  - a. Use two treats- give the first treat to lure the dog's head through the nose loop and the second treat after you have fastened the head strap
  - b. The dog should VOLUNTEER to put their nose through the nose loop- do NOT push it on to the dog; this can cause a dog to avoid the GL.
2. Put the GL on and leave it on for gradually longer periods of time, when playing, eating, or in office foster.
3. Put the GL on during walks, but do NOT attach the leash to it (attach the leash to the dog's collar or harness)
4. Put the GL on during walks, and attach the leash to it.

After step four, the dog should be comfortable wearing the GL; use it on all walks. Do NOT ever 'correct' a dog with a check of the leash when they are wearing the GL. To teach a dog not to pull, you should stop moving forward when the dog is pulling, wait for slack leash, praise, feed the dog a treat, and move forward when the dog releases tension on the leash.



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