



BARK U Training Guide: Harness Acclimation for Puppies



Why Teach Harness Acclimation?

Introducing your puppy to a harness early fosters positive associations, builds confidence, and ensures stress-free walks. Adjust the training steps to suit the type of harness you choose.

Step-by-Step Guide: Harness Acclimation

For Harnesses with Three Clips (e.g., PetSafe 3-in-1)

1. First Clip:

- Present the harness and clip it around their neck like a collar.
- Mark "Yes!" and reward immediately.

2. Second Clip:

- Secure the chest clip under your puppy's chest.
- Mark "Yes!" and reward.

3. Final Clip:

- Secure the final clip and reward generously to reinforce calm behavior.

For Harnesses Requiring Head Movement

1. Introduce the Harness:

- Hold a treat through the harness opening and let your puppy sniff or engage with it.
- Mark "Yes!" and reward.

2. Encourage Head Through the Harness:

- Guide your puppy's head through the harness opening using a treat.
- Reward for calm and confident movements.

3. Practice Without Clipping:

- Slide the harness over their head without securing it.
- Mark "Yes!" and reward.

4. Fully Secure the Harness:

- Put the harness on, clip it securely, and reward after each clip.



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Troubleshooting

- **Reluctance to Engage:** Use higher-value treats or take smaller steps. Reward for any interaction with the harness.
- **Clip Sensitivity:** Practice gently handling areas near the clips while rewarding to build tolerance.
- **Fear of Head Movement:** Start with a wider harness opening and reward small progressions.

Tips for Success

- Keep sessions short (5–10 minutes) and positive.
- Use high-value treats like cheese or chicken to make the experience enjoyable.
- Train in a quiet, low-distraction area.
- End every session on a positive note to build excitement for the next one.
- Be patient—consistency and rewards will make your puppy comfortable over time.

Harness acclimation is an essential step in setting your puppy up for a lifetime of stress-free and enjoyable walks. With patience, positivity, and consistent practice, your puppy will learn to feel confident and comfortable wearing their harness. Remember, every small success builds trust and strengthens your bond with your puppy. Happy training!

