



## On Your Bed

Keep practising what you have learned in Week 1 and 2 this week.

This exercise is a little different than most exercises. We are going to use a method that is called "shaping". We are going to do this exercise in a few steps. We will reward the first step till it is consistently accomplished. Then we will only reward your dog till the next step is accomplished, etc. We are going to need a dog pillow or bed for this exercise. Clicker training works best for this exercise, but you can use your marker word.

### *Exercise*

- ❖ Place the pillow or bed between you and your dog.
- ❖ Have a treat ready; make sure your dog sees the treat.
- ❖ Now you wait for your dog to come closer.
- ❖ As soon as a paw touches the doggie bed, click/mark the behaviour.
- ❖ Reward your dog and release. Don't use the term "Go to your bed" yet.

Before you know it, your dog will realize he gets rewarded as soon as he touches the pillow. Once he is consistently touching the doggie bed, stop rewarding him. Then only reward him when he touches the bed with 2 paws.

Next will be all four paws on the bed. Once he consistently does this:

- ❖ Still have the pillow between you and your dog.
- ❖ Now your dog must get all his paws on the bed.
- ❖ Make your dog "Sit".
- ❖ Click/mark this behaviour.
- ❖ Now make your dog "Lay down".
- ❖ Click/mark this behaviour and reward. Then release him.
- ❖ As he consistently does this, start using the term "Go to your bed".

Now you should be able to start telling your dog "Go to your bed" or "On your bed/pillow" and your dog should go to his pillow and lay down. Click/mark the behaviour, reward him and then release him.

### *Troubleshooting*

This exercise may take a few days for some dogs, please have patience. Advance slowly. Don't rush to the next step until he is consistent with the first step and so on. Repetition is how your dog will learn this.

### *Goal*

To have your dog go to his bed or pillow and lie down when you tell him to "Go to your bed".

### *Practical application*

This is a great command for when you want your dog to calm down or to temporarily have him out of the way on his bed/pillow or even his crate.





## Get Up Or Stand

Now that your dog is consistently sitting or laying down, we also need to teach him a command to "Get up" or "Stand". We are going to use a different hand signal for this.

### *Exercise*

- ❖ Have your dog "Sit" in front of you.
- ❖ Have a treat ready.
- ❖ Use your hand gesture (palm facing up, curl fingers toward yourself or move your hand towards you-see video).
- ❖ Tell him to "Get up", "Up" or "Stand".
- ❖ If necessary, take a step back but don't walk backwards (unless it's a giant dog like Dakota ☺).
- ❖ The moment your dog gets up click/mark the behaviour and reward your dog.

Now you are ready to move on to the next step.

- ❖ Have your dog "Sit" in front of you.
- ❖ Then make your dog "Lay down".
- ❖ Have him lay down for a few seconds.
- ❖ Use your hand gesture and tell him to "Get up".
- ❖ If necessary, take a step back but don't walk backwards.
- ❖ The moment your dog gets up click/mark the behaviour and reward your dog.

Whether your dog is sitting or lying down we want to be able to use the "Get up" command to make him get up/stand.

### *Troubleshooting*

This shouldn't take you too long to accomplish. Start with a treat and slowly wean him off the treats as he is consistently getting up.

### *Goal*

To have your dog get up or stand from sitting or laying down position when you tell him to "Get up"/"Stand".

### *Practical application*

It can be nice to have your dog get up and move out of the way a bit on command. Maybe he is sitting or laying on something or you want to get him to stand when you need to brush him or get his leash on. It can be helpful to have him stand up when his paws are dirty and you want to clean him.

