



Adding Distance, Duration & Distractions To On Your Bed

Keep practising what you have learned in Week 1 - 4 this week.

Now we are going to put it all together while your dog is on his bed/pillow. No matter what happens around him, we want your dog to remain on his bed. Slowly build up the excitement, starting with "low" distractions and increase gradually to "high" distractions. We will need the doggie bed again for this exercise.

Exercise

- ❖ Have a toy that may distract him in your hand.
- ❖ Stand next to the dog bed and tell your dog to "Go to your bed".
- ❖ He has to go to his bed and "Lay down".
- ❖ Calmly praise him, but don't reward him.
- ❖ Walk around him - a few feet away - while bouncing a ball and/or squeaking a toy.
- ❖ You may have to say "ah-ah" and "Stay" if necessary.
- ❖ Slowly build up the duration as well.
- ❖ Click/mark the behaviour.
- ❖ Go to your dog, reward him and then release him.

Always remember to go back to your dog to release him out of a "Stay". Over time you should be able to freely walk around your dog, bouncing a ball at least 10 feet away for a few minutes. If your dog is up for it, you can increase the difficulty even more by leaving the room, so you are out of sight for a few seconds and then come back to your dog and releasing him.

Troubleshooting

Excitement is what often breaks a "Stay" command. So don't excite your dog too much or he will have a hard time remaining in this position on his bed. Gradually increase the difficulty of the distractions. You can move chairs around, open the treat jar, open the outside door etc. just to give you some examples of distractions. No matter what he must "Stay" and not get up.

Goal

To get your dog to go to his bed, lay down and stay on his bed no matter what happens around him and stay there till you return and release him.

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 even when things happen around him: people walk around, open doors, eat food, music is playing. Life happens, yet he must remain where you told him to be.





Heeling And Loose Leash Walking

Hopefully you have been practising Heeling with its variations over the last few weeks. Now we are going to switch up between Heeling and Loose Leash Walking. Use a 6 foot leash for this exercise.

Exercise

- ❖ Start out by having your dog in the heel position.
- ❖ Roll up the leash around your hand a few times to have a short leash.
- ❖ Start your walk (use your leg closest to your dog as you take your first step) and tell your dog to "Heel".
- ❖ Make sure your dog is heeling with you for about 15-20 steps.
- ❖ Then unroll your leash so your dog can use the whole leash and walk freely.
- ❖ Tell your dog "Free" or whatever word you want to use for normal Loose Leash Walking.
- ❖ Changing pace is not necessary but sometimes helps for your dog to understand the difference.
- ❖ After about 15-20 steps, tell your dog to "Heel" again and roll up the leash again to get your dog to come closer to you (don't reel him in though, this should be natural).
- ❖ Praise your dog when he does this correctly.

Rolling up the leash can help signify heeling as well as letting the leash drop loose for a free loose leash walk. You can occasionally use a change of direction but mainly switch between heeling and loose leash walking.

Troubleshooting

This exercise is not as confusing to your dog anymore as long as you have been practising the previous Heeling exercises from Week 1 and 2. Keep practising those exercises as well. Soon your dog will have mastered it!

Goal

To have your dog alternate between Heeling and Loose Leash Walking when you tell him to.

Practical application

Heeling is an essential form of walking your dog, as sometimes all of a sudden you have to have your dog right beside you in tight or crowded areas. Maybe a car comes roaring around the corner and you need your dog to respond quickly. Alternating will force him to ALWAYS pay close attention to you. You have now established a structured walk.

