



Beginning Homework • Week 4

Sit-Stay & Down-Stay Intro

1. Cue your dog to sit or down.
2. Say “stay” & introduce stay hand signal.
3. Say “yes” and treat.
4. Bit by bit, try building more duration to your stay. Practice your stays this week while standing close to your dog in relatively non-distracting environments. If you’re having success, decrease duration and introduce a little distraction (ie: moving your legs or arms).

Tips:

- Say “stay” only once.
- Use pleasant facial expression and calm praise as feedback.
- Use a release word like “break” at the end of the exercise.
- At this point in your dog’s training, DO NOT call your dog out of a stay.
- If your dog isn’t succeeding, you’re asking too much. Back up your training to shorter duration or less distraction.

Leave-It (Step 2)

1. Start with treat under hand. Say “leave it.” As soon as your dog takes his nose off, say “yes” and treat. Once your dog understands he must take his nose off the item to get the reward, it’s time to make the exercise more difficult: Wait until your dog takes his nose off the item and looks away from it. Say “yes” and reward.
2. Once your dog is consistently successful at this stage, make it more difficult by gradually exposing the leave it item.

Tips:

- Say “leave it” only once.
- If your dog tries to snatch the leave it item, make sure you prevent this by covering it.

Recall Practice

Continue your daily recall practice (refer to previous homework). In addition, try the following:

1. Inside: place toys and treats on shelves throughout the house that you can use as fun & surprising rewards for your recall practice (if your dog does not come, make sure you show him/play with the fabulous reward he missed out on).
2. Teach your dog to keep an eye on you! Play hide & seek with your dog in a safely enclosed area. Wait until your dog is a bit distracted and then hide. Peek out and as soon as your dog starts looking for

you, call your dog to come. Give him help if he needs it by stepping out from your hiding spot. When he finds you, reward him with a treat/toy.

Sit for Attention

Dogs often like to say hello and/or seek attention by jumping up on us. Try the following methods to begin teaching your dog polite greeting behavior. If your dog is a real jumper, step on the leash so your dog has just enough to comfortably stand or sit. Before your dog is allowed to interact with a guest, ask your dog to sit. When he does, say “yes” and treat. Now use your release word to indicate your dog can get up and socialize with the person.

You can also teach your dog to hold a sit while a person pets him. Ask your dog to sit. As the person gently pets your dog for a short duration, say “yes” and treat numerous times. Increase the duration of your dog holding the sit accordingly. If your dog jumps up during these exercises, say “off” and walk away from the person.

Additional Tips:

- Avoid emotional homecomings and departures.
- Hang a leash near the front door so you’ll be prepared to manage your dog’s behavior (keep him off) when guests arrive.
- Insist upon an alternate behavior when your dog arrives in front of you or in front of your guest (ie: “sit” or “down”).
- Tell the guest your dog is in training and to only approach/pet if your dog offers a sit. If your dog jumps up, ask the guest to ignore your dog.
- If your dog jumps up, say “ah-ah/off,” turn away from the dog and ignore him until he sits.
- Exercise your dog before company comes over. When the guests arrive, offer your tired dog a stuffed Kong to help keep him busy.
- Do not step on the leash if your dog is fearful of strangers. This will likely increase his fear. Allow him to approach at his own speed when ready.