



Beginning Homework • Week 2

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Sit & Watch

Practice your “sit” and “watch” commands together in more distracting environments. Try on the front porch or in the yard. Remember that when increasing distractions, you may have to back up your training. The goal here is to help your dog be successful in different environments to build a good foundation. If things go well in front of your house, try “sit” and “watch” on your walks.

Name

Start adding in name recognition on walks. Same rules apply, say their name one time, if they turn to you within 1-2 seconds “yes” and treat. If they don’t turn to you right away use your treat lure on their nose to help them turn towards you then “yes” and treat. The world is a very exciting place so don’t be surprised if you end up luring your dog to get it right more often than at home.

Down

Have your dog sit in front of you. Take a long treat and hold it in front of their nose. Allow them to nibble or lick the treat as you slowly lower your hand luring their nose down between their toes. When they eventually lay down say “yes” and treat. Give them a few pets while feeding the treat in position to allow them to feel their body. If your dog pops up before getting into the down remove the treat and try again. Once your dog can lure into position easily 5 times you can begin saying the word. Have them sit, say “down” (one time!) and lower your treat hand between their toes, once they lay down say “yes” and treat.

Loose Leash Walking

Dogs pull on leash because they are rewarded for doing so. We follow along after them! To start working on loose leash walking begin in a low distraction environment, like the living room. Make sure your dog is paying attention to you, ask for a “sit” and “watch.” Take one step say “yes” and use your treat as a bumper for your dog’s nose so they don’t go past your leg. Make sure your treat is in the hand above your dog’s head. As you’re walking if your dog starts pulling on the leash say, “uh oh” and immediately stop walking. Use your treat or pat your leg to help your dog get next to you again. Verbal feedback is very helpful for walking skills, tell them how awesome they are for being next to you. Ask for “sit” and “watch” frequently if you have a busy dog.

Come

Make recall into a game. Start practicing from slightly further away from your dog. You can do this by having a partner hold your dog’s leash while you get them excited, dash a short distance away, and then call them to “come!” If you don’t have a partner you can throw a treat a short distance away, once your dog has eaten it get their attention and call them to “come!” Always reward with multiple treats one at a time.