**Settle on the Bed**

We want to teach our dogs to be calm in many different situations e.g. when visitors to the house, when we visit someone else’s house, on holidays, in kennels and also in training classes.

We also want our dogs to do this when asked.

This exercise is going to take some patience from dog and owner as the dog has to work this one out all by their self.

1. Bring your dog’s own bed to the class as this will make them feel more comfortable.
2. Stand on the dogs lead near to their collar (not so you’re pinning them to the floor) as this will give them very little room to roam about.
3. Ignore your puppy, but as soon as they sit or settle down, start dropping treats, every couple of seconds, onto their bed for them.
4. If your puppy gets back up, go back to step 3 (ignoring your puppy)
5. If the dog remains in the settle then keep rewarding them with the treats followed by the command settle.
6. Continue to give treats intermittently as a reward for staying settled on the bed.

***Lure and Reward***

The simplest way to get your dog to perform behaviours (e.g. sit, recall) is the ‘Lure and Reward’ technique.

Take your ‘lure’ (something the dog wants, normally a treat/toy) and hold it in front of their nose to tempt them. Move it slowly around so they follow the lure with their head. Whilst they are following it, offer the reward. Build up the amount of time and distance they have to follow the lure before rewarding them with it. Use side-to-side and up-and-down head turns, turning in circles, walking towards etc.

When reliably following the lure to the end of the earth, you can use it to lure them into certain positions and to move in certain directions etc. before giving the reward. Once doing the behaviour reliably, you can add in the word/hand signal you want to associate with that behaviour.

The majority of training behaviours in class will be using this lure and reward technique.

**The ‘Sit’ Command**

* Teaching your puppy to ‘sit’ on command is usually one of the first commands taught, and it can be a useful and appropriate behaviour in many situations:
  + Sitting before getting food
  + Sitting before having the lead put on
  + Sitting before crossing the road
  + Sitting when greeting people

**The ‘Sit’ Command (from a standing position)**

1. Hold a treat in your hand and waft it around the puppy’s nose to get their attention on it
2. Slowly move the treat up and over their head towards their tail – too high and they will jump for it, too low and they may stand up or move backwards
3. The moment the puppy’s bum touches the floor, give the command ‘sit’ and reward with the treat
4. Repeat until consistent
5. When consistent, use just your hand (without a treat in it) as the lure into the sit, give the command when sitting and reward with a treat – then the puppy learns to follow the visual lure and command, and not the treat

**The ‘Sit’ Command (from a down position)**

1. Hold a treat in your hand just above the puppy’s nose to get their attention on it
2. Slowly move the treat upwards and backwards, luring your puppy into the sit position
3. Reinforce the ‘sit’ command as soon as the sit position is reached
4. Repeat until consistent

**The ‘Stand’ Command**

* This command is useful to bring your dog out of other positions during training. It is also useful for veterinary visits, trips to the groomers and also health checking your puppy.

***The ‘Stand’ Position from a Sit***

1. Put your dog into a sit position
2. Using a treat in one hand in front of your dog’s nose, lure them forwards *(not upwards)*
3. As the dog comes out of the sit to a standing position, immediately give the command ‘stand’ or ‘up’
4. Don’t bring them forward so much they have to walk, just enough so their bum lifts off the floor. Their back feet should stay put.
5. Reward with the treat
6. If you lure to high, they may jump for the treat, too low and they may go into a down position
7. Lure very slowly to avoid leaping and lunging
8. Repeat until very consistent.

***The ‘Stand’ Position from a Down***

1. Put your dog in a down position, Using a treat in one hand in front of your dog’s nose, lure them forwards *and upwards (in a diagonal line)*
2. As the dog comes out of the down to a standing position, immediately give the command ‘stand’ or ‘up’
3. Don’t bring them forward so much they have to walk, just enough so their bum lifts off the floor. Their back feet should stay put.
4. Reward with the treat
5. If you lure to high, they may go into the sit. Too low and they will stay in a down or crawl.
6. Repeat until very consistent.

**The ‘Down’ Command**

* The ‘down’ command can be a useful bridge when teaching other commands such as ‘rollover’ and ‘settle’, and useful in situations where you want your puppy to stay for longer periods of time.

***The ‘Down’ Command (from a sit)***

1. From a sit position, hold a treat in your hand immediately in front of the puppy’s nose
2. Slowly lure their nose to the ground with the treat in a diagonal line, forwards and downwards (too far forward and your dog will stand up)
3. Keep the treat enclosed in your hand as your puppy reaches the floor
4. When both elbows are on the floor, immediately give the ‘down’ command and reward
5. Repeat until consistent
6. When consistent, use an empty hand as the lure, and reward with a treat from the other hand when in the ‘down’ position

***The ‘Down’ Command (from a stand)***

1. From a standing position, hold a treat just under your puppy’s nose
2. Slowly lure the puppy’s nose downwards and towards their chest until your hand reaches the floor between their front paws
3. Keep the treat enclosed as your puppy stretches backwards and adopts the correct ‘down’ position
4. Immediately give the ‘down’ command and reward
5. Repeat until consistent
6. When consistent, use an empty hand as the lure, and reward with a treat from the other hand when in the ‘down’ position