

Wait for Permission to Move ***(Sit/Stay or Down/Stay or Stand/Stay)***

How wonderful to have our dog believe that calmly “staying in position” is how to make the human give him what he wants (food, toy, play, or just going out the door)! In other words our job as trainers is teach that holding position – not moving is how to get the gumball to drop into their paw.

Sit/Stay / Food Bowl Game

1. Ask the dog to sit, and then hold a treat about 2 feet away from him. You are NOT standing in front of your dog facing them. Instead stand with one shoulder toward your dog (sideways.)
2. If your left shoulder is closest to the dog, hold the treat in your right hand (the hand furthest from your dog). Begin to lower the treat straight down to the floor. As you are lowering the treat, if the dog moves or gets up, you should say very matter-of-factly “TOO BAD OR OOPS” (your No Reward Marker) **AND** at the same time move the treat away and out of reach. Then ask the dog to sit again (you may need to step out of position so you can face your dog and body block him back into position if he has scooted forward)
3. If the dog maintains position, then give the dog the treat - while he is in position.
4. You are bending down with the treat and pulling back with the treat until you can place the treat on the ground about 2 feet from the dog and the dog HOLDS POSITION. Look in the manual in Resource Guarding/ “Food Bowl Game.”
5. You want the dog to hold position AND to make eye contact, before you lift the treat and move to your dog to give it him. Remember we want the dog to realize that to get us to give them the treat they must:
 - a. **Hold** position and
 - b. **Look** at us (not the food or toy)
6. Now when you have progressed so that you can put the treat on the ground you should start moving away from the dog while treat or food bowl is on the ground. Of course you have to be ready to pick it up if the dog moves. You are now developing duration of the holding position behavior. *You can try this with a ball or toy too.*

Keep it fun, laugh at your dog when he hopes and tries to cheat, reinforce for trying.

Permission to Move Game

DO this in many places during this next week

1. Stand facing your dog.
2. Hold the leash fairly tightly.
3. Take out 3 treats.
4. Give a treat saying “Take It”
5. Repeat again.
6. Now, saying nothing, toss the remaining treat right past your dog’s ear to a spot on the floor behind him. If the dog moves to get it take a step away saying, “OOPS “
7. Leave the treat and make sure dog can’t get to it.
8. Go back to the standing in front of your dog position, and take out 3 more treats.
9. Repeat 4-6. You are waiting for your dog to figure out that sitting and looking at you is how to get released. IF the dog holds the sit you may then say “OK Get IT”!
10. Continue and find ways and places to challenge your dog’s duration and distraction skills.